

红楓傳奇

Chinese Canadian Legend 2011

Volume 12

2011年度红楓傳奇人物

郭詠觀　連根拔起　重新紮根
巫柏齡　致力醫學研究與健康推廣
彭　純　有志者事竟成
蘇凌峯　無心插柳　一路長紅
徐立之　傳承港大精神
跨越百年里程
楊龍寶娟　超越種族的大愛



華商網絡協會
榮譽出版及發行

红楓傳奇
Chinese Canadian Legend

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Wisdom and Virtue

明德格物締傳奇



Chinese Canadian Legend 2011

presented by

Asian Business Network Association

Honourary Patrons

Senator Vivienne Poy

Maureen Siu

Honourary Advisors

John Man

Stephen Siu

Organizing Committee Co-Chairs

Dennis Au-Yeung

Alexandra Ngan

Selection Committee Chair

Stanley Kwan

President

Asian Business Network Association

Bammy Wong

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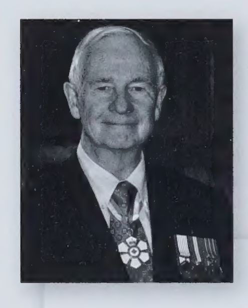
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THE GOVERNOR GENERAL · LE GOUVERNEUR GÉNÉRAL

I am pleased to extend my congratulations to those being honoured at the Chinese Canadian Legend 2011 gala.

In so many ways, big and small, Canadians are making a difference. With generous spirit and ingenuity, these remarkable people have lifted our country to great heights and serve as role models of what it truly means to be Canadian.

This gala is a wonderful opportunity for the Chinese community to recognize six outstanding individuals who have contributed in immeasurable ways to the well-being of this country and its people. I applaud their efforts and thank the Asian Business Network Association for encouraging excellence in its members.

I wish all of you a delightful evening.

David Johnston

November 2011

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OTTAWA · CANADA · K1A 0A1 · WWW.GG.CA







PRIME MINISTER . PREMIER MINISTRE

I am pleased to extend my warmest greetings to everyone attending the Chinese Canadian Legend 2011 Award Gala, hosted by the Asian Business Network Association (ABNA).

Tonight's celebration pays tribute to outstanding Chinese Canadians who have made remarkable contributions to the community or attained success in their professions. I would like to congratulate everyone being honoured this evening for their determination to strive for excellence: you may be proud of your accomplishments, which are sure to inspire others to achieve their goals.

I would like to congratulate the ABNA on its efforts to recognize, promote, and support the achievements of Chinese Canadians and for its commitment to strengthening the local business community.

Please accept my best wishes for an enjoyable evening and for every success as you go on to meet the challenges of the years to come.

The Rt. Hon. Stephen Harper, P.C., M.P.

OTTAWA
2011





HONOURARY PATRON

SENATE SÉNAT
CANADA

加拿大國會參議院議員
利德蕙
安省多倫多市

The Honourable Vivienne Poy
Toronto, Ontario

November 12, 2011

Dear Friends,

As Honourary Patron of the Chinese Canadian Legend Award 2011 Gala, I would like to congratulate this year's Chinese Canadian Legends. This is an important event which celebrates our community leaders.

For the past decade, the Asian Business Network Association has recognized the extraordinary individuals who, through their many contributions to Canada and the world, have left a lasting legacy that serves as an inspiration for others. This is an opportunity for them to tell their unique stories, and through these narratives, inspire others to excel.

On behalf of the Senate of Canada, I would like to thank the Asian Business Network Association for supporting this wonderful event which recognizes exceptional individuals.

Yours truly,

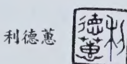
Vivienne Poy

各位朋友：

欣聞華商網絡協會舉行 2011 年《紅楓傳奇》頒獎晚宴，謹代表加拿大參議院特函申賀。

華商網絡協會為表揚傑出華裔移民的成就，並希望經由《紅楓傳奇》得獎人的奮鬥經歷和貢獻，能對社會產生啟發和激勵的作用。

謹向本居所有得獎人致賀，同時感謝全體工作人員的努力，並恭祝晚宴圓滿成功，嘉賓健康愉快。

利德蕙  敬賀

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MESSAGE FROM
THE LIEUTENANT GOVERNOR OF MANITOBA

As The Queen's representative in Manitoba, it is a great pleasure to congratulate the Chinese 2011 Canadian Legend Award recipients.

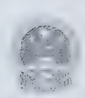
Today, we acknowledge individuals who have made exceptional contributions to the lives of Canadians. These are caring, dedicated people with a strong belief in giving back to the community. The awards confirm that their enthusiasm and good work are greatly respected and appreciated. It is a memorable way to honour and thank them for taking action and making a difference in our society.

Best wishes to all reward recipients and members of the Asian Business Network Association for an enjoyable evening and successful year ahead.

The Honourable Philip S. Lee, C.M., O.M.
Lieutenant Governor of Manitoba

賀辭 Greetings





中华人民共和国驻多伦多总领事馆
The Consulate General of the People's Republic of China
240 St. George Street, Toronto, Ontario, Canada. M5R 2N5 Tel:416-964-7260 Fax:416-324-6468

敬贺红枫传奇 2011 年颁奖晚宴

华夏育人杰

枫国铸传奇

中华人民共和国驻多伦多总领事

陳江鋼

二〇一一年九月十三日

賀辭 Greetings





Hong Kong Economic & Trade Office
The Government of the Hong Kong Special Administrative Region
香港特別行政區政府香港經濟貿易辦事處

賀
華商網絡協會
二零一一年度紅楓傳奇人物選舉
圓滿成功

明德彰上善 若水不爭
格物取真知 如天行健

香港特別行政區政府
駐多倫多香港經濟貿易辦事處
處長 盧潔瑋
二零一一年十一月十二日

174 St. George Street, Toronto, Ontario M5R 2M7 Tel: (416) 924-5544 Fax: (416) 924-3599, (416) 924-3542
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Premier's Message



On behalf of the Province of Nova Scotia, it is my pleasure to offer congratulations and best wishes to this year's recipients of the Chinese Canadian Legend Award.

Since 2000, the Asian Business Network Association has done a wonderful job of recognizing the great work of Chinese Canadians across this country, including in Nova Scotia.

Our province has a large Chinese community, which proudly promotes Chinese culture and organizes a variety of social and cultural activities and events. The Chinese business community is also a significant contributor to Nova Scotia's economy, producing some outstanding role models for their peers, and all Canadians.

I would like to take this opportunity to thank the members of the Asian Business Network Association, and again congratulate the 2011 award winners. You are helping to make life better for the people in your communities. Keep up the great work!

Sincerely,

Darrell Dexter, Q.C., M.L.A.
Premier







Greetings From Premier Ghiz

On behalf of the Province of Prince Edward Island I would like to extend warm congratulations to the recipients of the Chinese Canadian Legend Award for 2011.

In recent history, a significant number of Chinese newcomers have chosen to reside in Prince Edward Island. They have brought with them valuable networks and business approaches, innovations and cultural practices and as well provided Prince Edward Island with rich teachings and perspective resulting in invaluable economic and cultural contributions for our province.

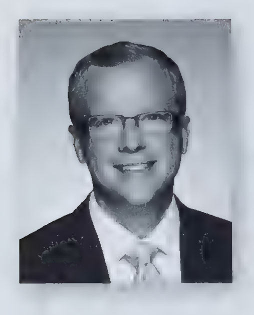
I commend the Asian Business Network Association for recognizing the value of diverse contributions and for honouring these national champions. Recognizing the importance of business networking opportunities, promoting harmonious community relations and celebrating role models are vital components in developing open and sustainable communities that embrace innovation and diversity.

Congratulations to you all on your well deserved achievement and all the best in your future endeavors.

Robert Ghiz
Premier of Prince Edward Island









Chinese Canadian Legend 2011 Awards Gala

On behalf of the Government of Saskatchewan, I am pleased to extend a warm welcome to everyone attending the Chinese Canadian Legend 2011 Award Gala.

The people of Saskatchewan are proud to be part of an open, vibrant, and multicultural society. The cultural and linguistic diversity found in our country enriches us socially and underpins our economic prosperity.

Established in 1994, this notable event celebrates and honours outstanding Chinese Canadians who have made important contributions to Canada and to the world. This year's recipients will join the ranks of seventy-one individuals who have received the prestigious recognition of the Chinese Canadian Legend Award since 2000. Their perseverance, vision and illuminating spirit are an inspiration to us all. The stories that go along with these visionaries will be immortalized in the 12th Edition of *Chinese Canadian Legend.*

I applaud the Asian Business Network Association (ABNA) on your long-standing support for this annual event and ongoing service to all Chinese Canadians.

Welcome to all and best wishes for a memorable evening.

Brad Wall
Premier

pcu-regina









Frank Scarpitti
Mayor

November 12, 2011

MESSAGE FROM THE MAYOR

On behalf of Members of Council and the Town of Markham, I am pleased to extend a warm and sincere welcome to all those attending the Asian Business Network Association (ABNA) Board of Directors Chinese Canadian Legend 2011 Award Gala.

Cultural diversity is one of Canada's greatest assets and I commend the Asian Business Network Association for providing business networking opportunities and promoting harmonious community relations. Fostering networking activities is vital to the future success and prosperity of our community, our province and our country. Organizing the annual Chinese Canadian Legend Awards event has required a lot of hard work and dedication and I congratulate all those who have contributed their time and effort.

It is a great honour to receive the Chinese Canada Legend Award, which recognizes outstanding role models in the Chinese community in Canada and who have made significant contributions to the community and Canada through outstanding achievements in their field.

As Mayor, I am proud of your efforts and I am very pleased to have this opportunity to extend my best wishes for a successful and memorable evening.

Yours sincerely,

Frank Scarpitti
Mayor

The Corporation of the Town of Markham, Anthony Roman Centre, 101 Town Centre Boulevard, Markham, Ontario L3R 9W3
Tel 905.475.4872 • Fax 905.479.7775 • fscarpitti@markham.ca • www.markham.ca

MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE



A man without virtue is like a candle without light

Chinese Canadian Legend award recipients are like lighted candles who not only illuminate on their own achievements but also brighten the lives of others. It is our great pleasure to honour the 2011 Chinese Canadian Legend award recipients.

Our theme is " Wisdom and Virtue". Wisdom sparks our inner-light; Virtue sparks the inner-light of others.

Let's nurture our inner spark of light together and create legends of wisdom and virtue.

「明德格物」締傳奇

財富名利是短暫的，道德至善才是永恆。才德兼備的人，像發明醫治絕症葯物的學者，無論在學術或科研上，都可作出永恆深遠的貢獻，造福人群。反之，有知識才智，但立心不良，像毒害他人的黑心食品商人，對社會禍害至深。

舉辦紅楓傳奇人物選舉的主要目的，是希望藉著選出「經歷勵志，愛心感人」的代表人物，激勵大家一起發揮「積極面對人生，逆境自強，愛心助人」的精神。現今社會，物質生活豐富，精神生活卻欠缺德育的培養，有見及此，本屆紅楓傳奇人物選舉特以「明德格物」締傳奇為主題，希望勉勵大家一起尋求真理，分辨是非，彰顯德行，締造傳奇。

顏惠霞律師
籌委會共同主席
Alexandra Ngan
Organizing Committee Co-Chair



MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE



Dear Friends,

It is my honour to co-chair the Chinese Canadian Legend Awards once again this year.

Since the inception of this gala event in 2000, seventy-nine deserving recipients have been honoured for the significant contribution they have made to their community through outstanding achievements in their field.

Each year, it becomes increasingly more difficult to select the recipients of the Chinese Canadian Legend Award because there are so many outstanding individuals who deserve recognition for the work they do within their communities, and for the inspiration they provide to others.

The theme of this year's gala is "Wisdom and Virtue". In addition to being the motto of the University of Hong Kong, these are qualities that truly embody the six recipients of the 2011 Chinese Canadian Legend Award. Every one of the individuals being recognized this year is very deserving of this award and I take tremendous pride in congratulating them on this outstanding achievement!

In closing, I would like to share the following Buddhist quote with you: "Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue."

Dennis Au-Yeung
Organizing Committee Co-Chair



MESSAGE FROM CHAIR OF SELECTION COMMITTEE

It is a common knowledge that many awards or recognitions are given out each year to recognize "the heroes" from the Chinese community. We are glad the annual Chinese Canadian Legend Award has continuously received special attention from both the community and the media..

With so many active organizations in the Chinese communities, it is indeed a big challenge to select six individuals out of the many nominees. Fortunately we were able to assemble a team of 20 members; many of them are former Chinese Canadian Legend winners, to form the Selection Committee. All of these members have significant credibility in the community; have had lengthy working relationship with some of the nominees or the organizations that they are associated with. But the most important factor is that they are willing to work through a long evening to select these six winners on an unbiased and fair basis. They took into account the struggles that these nominees have to go through and the contributions that the nominees have made to the community, the country or the world. Political and religious backgrounds have all been ignored in their selection.

During the selection process, the background and the contributions of each nominee were freely discussed among the committee members who have signed a confidential agreement not to disclose any information outside the meeting. Then each member would submit the marks on a no name basis and these marks were summarized and tabulated by an independent auditor immediately. Accordingly the entire selection is fair and unbiased.

By putting forward the background of these six community leaders through a book, we hope others would be inspired and follow their pathway. We also believe that the winners would continue to serve the people and the communities that they love so much.

Stanley Kwan, FCA, MBA
Chair
Selection Committee

甄選團
SELECTION COMMITTEE

Chair

Stanley Kwan

Members

Glenn Chan
Peter Cheung
Audrey Chiang
Mina Yung-Fung
Tony Ku
Angela Lam
Allen Leung
John Leung
Stella Li
John Man
Albert Ng
Alexandra Ngan
Judy San
Stephen Siu
Camilla Tong
Teresa Tsui
Kenny Wan
Andrew Wong
Bammy Wong
Joseph K. H. Wong

Auditor

William Ip, CA

MESSAGE FROM THE PRESIDENT

Asian Business Network Association has the great pleasure to honour six outstanding Chinese Canadians this year for their outstanding achievement in their field and valuable contribution to the local and global community.

The determination, courage and passion of the Award recipients have set a role model not only to the Chinese Canadian community but to all Canadians as well.

The success of Chinese Canadian Legend depends on the support of the community. In last 12 years, we have been receiving continuous support and encouragement which give us the momentum to move forward.

I would like to take this opportunity to express my sincere gratitude to all the supporters and members of the TEAM who have built the Chinese Canadian Legend into one of the most respected awards in the Chinese Canadian community.

Bammy Wong

President
Asian Business Network Association



Asian Business
Network Association
華商網絡協會

宗旨

建立營商網絡
促進社區和諧關係

活動

紅楓傳奇系列
慈善活動
專商業交流

會員

企業家、專業人士

Mission

Provide business networking opportunities,
promote harmonious community relations,
and recognize role models in the Chinese community

Activities

Chinese Canadian Legend Award Project,
Charity Acitivities,
Partnering with other community organizations

Members

Entrepreneurs and Professionals

華商網絡協會成員
BOARD OF DIRECTORS

President	Bammy Wong
Executive Vice-President	Stella Li
Vice-President	Teresa Tsui
Treasurer	William Ip
Secretary	Connie Woo
Executive Director	Camilla Tong
Directors	Kim Chau *(Founding President)* Angela Lam Asa Law *(Founding VP)* Peggy Leung Marianne Siu Danny Yang
Honourary Advisor	Stanley Kwan
Legal Advisor	Alexandra Ngan

歷屆紅楓傳奇人物
AWARD RECIPIENTS
Chinese Canadian Legend 2000 - 2010

Dennis Au-Yeung 歐陽健昌
Agnes Chan 陳淑媛
Emilie Chan 陳　慧
Glenn Chan 陳偉才
Jimmy Chan 陳志尚
Prof. Luke Chan 陳萬華教授
Dr. Peter Chang 張培德醫生/律師
Dr. Tat-Ming Cheung 張明達醫生
Peter Cheung 張德龍
Audrey Chiang 蔣羅婉笙
James Chiu 邱映明
Hughes Eng 伍卓生
Alice Fong 方黃慧蕾
Johnny Fong 方君學
Ambrose Fung 馮紹杰
Judge Mina Yung-Fung 馮翁惜卿公民法官
Gary Ho 何國慶
Dr. Collin Hong 洪嘉良醫生
Dr. John Hui 許志榮醫生
Alice Ko 高張愛絲
Tony Ku 古偉凱
Stanley Kwan 關保衛特許會計師
Bernice L. Kwong 鄺雷翠玲
Cynthia Lai 封賴桂霞
Michael Lai 黎炳昭
Tak-Ng Lai 賴德梧
Colonel Fung Fai Lam 林鳳輝上校
Dr. Benson Lau 劉秉純醫生
Maggie Lee 李廖淑英
Hon. Philip Lee 李紹麟省督
Allen Leung 梁煥釗
John Leung 梁健文
Prof. Jinyan Li 李金艷教授
Ki Kit Li 李基傑
Lusan Li 李趙素芳
Albert Liang 梁顯平律師

Don Lim 林　立
Michael Lo 羅志勤
Helen Lu 陸郎毅
Lu Mingguang 路明光
Dr. Ying Lu 盧英醫生
Frank Luk 陸春雲
Andre Mak 麥朝彥
Dr. Tak Wah Mak 麥德華博士
John Man 文錫輝
Dr. Tony Mok 莫樹錦醫生
Prof. Albert Ng 伍啟榮教授
Dr. Nelly Ng 吳永光醫生
Alexandra Ngan 顏惠霞律師
Dr. Neville Poy 伍衛權醫生
Senator Vivienne Poy 利德蕙參議員
Judy San 黃綺銖
Stephen Siu 蕭顯揚
Ron So 蘇家俊
Amy Tjen 蔣　薇
Rita Tsang 朱碧芳
Teresa Tsui 徐惠芳
Virginia Tsui 徐惠芬
Winnie Wai 韋秀嫻
Kenny Wan 溫建業特許會計師
Agnes Chan Wong 黃陳慧文
Andrew Wong 黃永忠
Florence Wong 黃陳曼麗
Jenny Wong 黃朱珍妮
Dr. Joseph K. Wong 黃家海醫生
Dr. Joseph Y. Wong 王裕佳醫生
Phoebus Wong 黃振聲
Tony Wong 黃志華前議員
Dr. Alexander H. Yuan 袁海耀博士
John Yuen 阮啟剛
Dr. Songnian Zhou 周松年博士



Master of Ceremonies

Ying Lu

Dr. Ying Lu graduated from Queen's University Medical School in 1994. She then completed her five-year ophthalmology specialty residency in the Department of Ophthalmology at the University of Toronto. Upon finishing her training, Dr. Lu was inducted as a Fellow of the Royal College of Physicians and Surgeons of Canada, registered as a member of the Canadian Ophthalmology Society and is a Diplomat of the American Board of Ophthalmology.

Dr. Lu specializes in laser and cataract surgeries for glaucoma and cataract patients at her clinic in Toronto. For the past 15 years, she has performed more than 30,000 eye surgeries bringing precious sight back to countless patients. Dr. Lu is affiliated with Mount Sinai Hospital, Toronto Scarborough Hospital and Kensington Eye Institute. She teaches at the University of Toronto Medical School as a lecturer. At the same time, she is a member of the international medical faculty of the ORBIS Flying Eye Hospital.

In addition to her busy medical practice, Dr. Lu tries to help people in need. She runs a community outreach eye clinic for Mount Sinai Hospital. She also runs an off-site eye clinic at CareFirst where she is an Honorary Advisor. In 2004, she co-founded the ORBIS Canadian-Chinese Advisory Council (CCAC) to facilitate blindness prevention in China's rural areas. CCAC has so far raised over one million dollars. Today, CCAC not only helps to fight blindness in China but also around the world. Dr. Lu believes it is every one's responsibility to make the world a better place.

In 2008, Dr. Lu won the Outstanding Professional Achievement Award and the popular vote at the Mandarin Profile Award organized by Fairchild Television. In 2009, Dr. Lu was recognized with the Best Community Service Award by the Association of Chinese Canadian Entrepreneurs.

Dr. Lu was one of six recipients of Chinese Canadian Legend Award in 2008. She serves as a member of the selection committee since 2009. Since 2010, Dr. Lu has been the co-chair for the Canadian Chinese Legendary Alliance, and supports the Asian Business Network Association's commitment to better the local and global communities.



Master of Ceremonies

Stephen Siu

Stephen Siu is a specialist in communications. He has served since 2004 as head of public relations of the Hong Kong Economic & Trade Office, Hong Kong Government's representative office in Canada.

Stephen started his career as a reporter with the United Press International, and later became editor of the U.S. news agency's Hong Kong bureau. He then moved to the Reader's Digest, taking up a senior editorial position.

Before packing his bag for the public sector, Stephen translated into Chinese the book "Inchcape Review – Snowdon Itinerary", which tells the story of Britain's Inchcape Group.

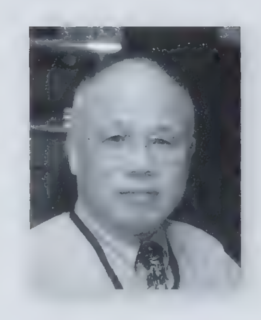
After joining the Hong Kong Government, Stephen served as head of the Cultural Services Department's publicity unit. He orchestrated publicity for the Festival of Asian Arts, and Hong Kong International Film Festival; and ran promotions for the city's museums and performing groups.

He settled down in Toronto in 1988, working as CCFC's (Christian Children's Fund of Canada) project consultant, program host of Shaw Cable 10 TV, and Festival Hong Kong's Public Relations Consultant. He became the Executive Director of the Chinese Cultural Centre of Greater Toronto in 2000.

Stephen was a board member of the Chinese Information and Community Services and the Metro Toronto Volunteer Centre; Public Relations Co-chair of "Serve Canada"; and trustee of the Scarborough Grace Hospital. He served as Secretary-General of the Community Coalition Concerned About SARS in 2003. He is currently adviser of the Canadian Foundation for Chinese Heritage Preservation, and Richard Charles Lee Canada-Hong Kong Library, etc.

He has been the momentum behind some major cultural projects in Toronto, including the record-setting CCTV (China Central Television) "Same Song" concert at the Rogers Centre in 2006.

In 2008, Stephen was given Rotary Club's 4-Way Test Award for being a role model in demonstrating truthfulness, and for contributing experience and knowledge benefiting the community. He won the Chinese Canadian Legend Award in 2009 for his inspiring struggles and accomplishments; and the Arbor Award in 2010 for his outstanding voluntary service to the University of Toronto. In 2011, Stephen was featured in Sing Tao Daily's Outstanding Overseas Chinese series (龍行天下環球傑出華裔系列).



作者簡介　AUTHOR

古偉凱　Tony Ku

2010年「紅楓傳奇」人物訪談撰稿人：古偉凱(Tony Ku)

- 中國出生，台灣長大，畢業於國立台灣政治大學新聞系。
- 曾擔任台灣中央日報記者、編譯、國內和國際新聞編輯、高級中學兼任教師。
- 1978年移民加拿大多倫多，79年一月進入「星島日報」加東版擔任翻譯兼記者兼編輯，86年升任總編輯(Editor-in-Chief)，98年當「加拿大星島傳媒集團」成為Torstar的關係企業後，於2000年獲升為星島加拿大版資深總編輯(Senior Editor-in-Chief)，直至2003年2月底退休。總共任職於星島加東版逾24年，從事新聞工作逾36載。
- 1982-1984年尚兼任「美洲中國時報」加東版主要撰稿人；1999-2001年兼任Torstar關係企業「溫哥華台灣日報」編輯總監。
- 任職「星島加東版」期間，曾撰寫每週時評專欄「楓林閒話」超過20年，刊出逾2,100篇，超過150萬字。
- 獲「華商網絡」選為2005年「紅楓傳奇」人物之一。
- 退休後曾應邀擔任「現代日報」編務顧問(2005年12月至2007年1月)；「多倫多第一報」專欄作者；「多倫多第一台」星期日國語節目共同主持人；星島日報加東版編務顧問。現任「加中時報」執行顧問，「加拿大都市報」都市時評作者，中文電台、電視邀約時事評論員及自由撰稿人。



作者簡介 AUTHOR

鍾蕙蘭 Connie Woo

Connie has been helping with the Chinese Canadian Legend Award Project since 2007 and joined the Asian Business Network Association as Board Secretary in 2008. Since then, Connie has also been responsible for the English translation of the recipients' life stories. Connie retired from her Vice-President and Chief Information Officer position with Toronto Hydro Corporation in January 2006. In 2007, she completed the Director Education Program at the Rotman School of Management, University of Toronto and is a Certified Director with the Institute of Corporate Directors.

As a professional corporate director, Connie serves on the Board of CAA South Central Ontario, which consists of an automotive club with 1.8 million members, an insurance business and a travel business. Connie has actively advocated for the environment since joining the board in 2000. She was the former chair of the Social Responsibility and Government Relations Board Committee and launched a social responsibility strategy in the company in 2007.

Connie also sits on the board of Chinese Family Services of Ontario as Vice-President. Chinese Family Services of Ontario is a charitable agency funded by United Way and various levels of governments to provide language-sensitive counseling and immigration settlement services to Asian communities.

Connie is honored to be working with the recipients of this year's Chinese Canadian Legend Award. If the 'wisdom' is 'knowing the right thing to do', then 'virtue' is 'doing the right thing'. Here are six outstanding individuals who embody both wisdom and virtue in what they do - their life stories are an inspiration to all of us.



郭詠觀醫生
Dr. Jason Kwok

連根拔起　重新紮根
郭詠觀醫生無怨無悔

移民海外不是容易的事，這可能是一生的豪賭，之前要有心理準備，贏輸要作風險評估；抵埗後面對新的環境，不論是想重返本行或改行，都要有克服困難的勇氣和毅力。加拿大對於專業人員資格審查相當嚴格，尤其是醫療人員想重返本行，必須要遵守這兒的遊戲規則，通過所有的資格考試才能取得行醫執照，重新紮根，這一折騰可能就是好幾年，扣除掉幼年求學和老年退休，人生有幾個「好幾年」？

放棄19年行醫經歷選擇移民

1995年，「九七」臨近，香港即將回歸中國，郭詠觀醫生像許多人一樣，一方面擔心香港的前景不明朗，另一方面亦不希望兩個兒子再承受香港填鴨式的教育方式，嚮往加拿大更完善的體制，毅然揮別了香江，告別了父母親戚師友，變賣家產，放棄了長達19年的行醫經歷，舉家移民來到多倫多。選擇移民對他而言，是一生中最大的轉變，但他沒有太多的猶豫，也不是像某些人那樣先來「探路」，看看是否能「適應新環境」；或者先來做做「太空人」，感覺一下滋味如何，覺得穩妥了，才決定下一步該怎麼走。郭詠觀醫生是舉家四口一起移民，下定決心連根拔起，重新來過。

郭詠觀1952年出生於香港，屬於戰後嬰兒潮的一代，家境中等，父親是跑遠洋商船的海員，到處飄泊，常年不在家，所幸上一代明白求知的重要，對三個孩子的教育都相當重視。他從小是被送到聖類斯(St. Louis)學校讀書，一直讀到中學畢業，這是一所天主教辦的學校，在這兒，他學習的成績不錯，奠定他會考績優異進入港大醫學院的根基。1976年畢業於香港大學醫學院，經一

年的駐院實習，專修骨科和運動創傷專科，及後，獲派往英國蘇格蘭愛丁堡瑪嘉烈公主骨科醫院接受為期六個月的訓練，1981年考獲英國格拉斯哥和愛丁堡兩間皇家外科醫學院院士的學銜，又於1990年獲頒授香港外科醫學院院士，及於1991年獲頒授香港骨科醫學院院士和香港醫學專科學院骨科院士。醫學院院士頭銜是香港醫學界的最高榮譽，之後，郭詠觀在醫院執業19年，以為從此不需再步入試場。

但是移民卻打亂了原先的人生規劃，雖然香港是英國的殖民地，加拿大也屬於「大英國協」的成員，港大醫學院的水平一點也不輸給加拿大大學的醫學院，但是加拿大政府就是不承認香港的學歷，包括多間著名醫學院院士的頭銜。郭詠觀沒有選擇的餘地，只有從頭做起，重考執業資格，適應新的環境。

通過資格考試取得醫生執照

「所幸當年在港大醫學院受到嚴格的訓練，我勇於接受挑戰，曾有人謔稱我是『清兵』，前後都掛著個『勇』字。我贊同西洋諺語所說的：『肯嘗試而失敗勝於不敢嘗試』 - It is better try and fail than fail to try.」 不過，上了年紀之後，畢竟不比年輕時期，經常有精神不集中和記憶力衰退的現象，捧起書時又昏沉欲睡，唯有以各種方法隨時提醒自己，抖擻精神。郭詠觀在1998年終於通過資格考試，獲准選入『海外醫科畢業生再培訓計劃』(International Medical Graduate Program)，翌年完成課程後，獲派駐附屬多倫多大學醫學院新寧醫院（Sunnybrook Hospital）接受家庭科醫生的專業訓練，於2001年考獲加拿大家庭醫學院證書。從當年的骨科和運動創傷專科轉為家庭醫生，主要是加拿大的專科醫生需要五年的駐院實習經驗，相較於家庭醫生只需兩年，後者所需時間短得多，郭詠觀選擇做家庭醫生。

「我雖擁有多個醫學院院士的頭銜，及曾到英國深造，但卻不能在加拿大直接取得行醫的資格，仍需通過多次考試，並再

接受駐院醫生的訓練才可擠身大夫的行列，但從另一角度看，亦慶幸自己可以從眾多來自海外畢業的醫生中脫穎而出，被挑選加入當時每年只有二十四個名額的海外醫科畢業生再培訓計劃，並完成艱辛的駐院醫生訓練和考試合格，還榮獲新寧醫院家庭醫學系頒授『傑出駐院醫生獎』」。在頒授證書的儀式上，他回憶往事，心中五味雜陳，百感交集。

行醫之餘　參與多項社區活動

重新取得行醫執照後，郭醫生除了開設診所行醫，業餘花不少的時間參與社區活動。他強調參與社區活動絕非為結識更多的人以增加診所的生意，純粹是個人的所好，也是為回饋社會。舉凡童軍活動、推動環保、訓練救傷、醫學講座等，都盡量抽出時間參加。郭詠觀醫生對童軍活動情有獨鍾，從2002年開始，幾乎沒有間斷過，華人幾個童軍團舉辦的活動，經常都可以看到郭醫生的參與。他崇尚童軍「日行一善」的精神和格言，並身體力行。

回憶1996年移民多倫多的第二年，他參加了由多倫多華人健康教育委員會主辦的『華人環保大使』計劃，與一班志同道合的熱心環保大使向華人、尤其是新移民推廣環保，舉辦講座、展覽、活動包括植樹、撿拾垃圾、參觀環保屋等，並翻譯多篇有關環保的文章，2002年榮獲環保組織Pitch-In Canada和Clean World International頒發『世界清潔獎』(Clean World Award)。

2005年，郭醫生應邀加入「聖約翰救傷隊」伊陶碧谷第433隊成為隊醫，除了協助訓練急救員，亦經常作公開醫學常識講座，提供最新和可靠的醫學資訊，其中包括為加拿大癌症協會(Canadian Cancer Society)主辦的『華人癌病資訊論壇』(Chinese Information Forum)『癌病知多少』。從2004年的第一屆至最後一年2010年的第七屆，期間擔任多個癌症病人關懷組織講座的主講者，撰寫多篇有關癌病的文章，刊登在多份報章，亦在電視臺和

電臺分享有關癌病的資訊。2009年，郭醫生與多位熱心人士在天主教中華殉道聖人堂成立『伴您行』癌症病人關顧小組和擔任醫學顧問，2011年加拿大癌病協會頒發『特別嘉許獎狀』(Certificate of Special Recognition)表彰他的貢獻。

舉辦醫學講座 提升保健常識

除了講述癌症資訊以外，他亦於2009年應加拿大糖尿病協會(Canadian Diabetes Association) 華人分會之邀請，成為該會的醫學顧問，經常作有關糖尿病、肥胖症和新陳代謝綜合症的公開講座，撰寫有關糖尿病的文章和經常上中文電臺的醫學節目，與聽眾探討有關糖尿病的問題。此外，也為報章和天主教中華殉道聖人堂寫醫學專欄文章， 提供市民健康之道，並澄清一些錯誤的觀念和見解。

郭詠觀除了醫病外，也教導病人和普羅大眾健康的生活方式，他強調經常運動尤其重要。他本人自少便喜歡運動，尤好足球，曾任伊利沙伯醫院醫生足球隊隊長，移民加拿大前，改練太極，於1992年考獲香港太極學院『太極拳師資訓練證書』，現仍勤力鍛練，每星期五天，每次三十至四十五分鐘，此外也練太極刀、劍和扇。公餘還在耆暉會成人日託中心和天主教中華殉道聖人堂教授太極。郭醫生於2001年加入星輝體育會為委員，曾任副會長、會長。會長任內還創辦『亞裔運動會』，讓來自亞洲不同族裔的運動員參與比賽，除了競技外，更可促進種族和諧。由於他熱心服務華人社區，曾榮獲安大略省政府及多個社區團體頒發「義工服務獎」和「傑出華人義工服務獎」。

他雖為西醫，對於中醫立法也相當關心，但是他認為不論中西醫，應該都是「有醫無類」，就如同教師應該「有教無類」一樣，所以必須要有一定的英文水平，任何族裔的病人上門求診都不能拒絕，中醫講的是「望聞問切」，如不懂英文如何與非華裔病人溝通？不單是對中醫的監管，加拿大醫管局亦規定執業西

醫必須接受『延續醫學教育』(Continuing Medical Education簡稱CME)的測試，以維持執業醫生的水平。郭醫生雖然英文流利，但是對中文十分重視，就讀中學時，受教授國文和中史的曾希穎和黃清華兩位老師的默化，及後在港大畢業後，曾在校外課程報讀短期中文班，追隨潘小磐老師學習寫作詩詞。如今郭醫生能流暢使用中文書寫說講，要感謝這幾位已不在人世的恩師。他建議本地醫學院培養出來的土生華裔醫生應該學識中文，掌握優勢，強化與病人溝通的能力，否則與其他非華裔醫生有何差別？

重視生命　反對墮胎

每位成功人士的背後總是有一位得力的配偶，郭醫生的賢內助是當年他在伊利沙伯醫院行醫時認識的護士長袁淑嫺，在郭醫生取得在加拿大行醫執照後，她即退居幕後相夫教子，經常鼓勵和支持郭醫生參與社區活動，兩個兒子都畢業於滑大電腦工程專業，已經獨立，無需操心。郭太自小是一位虔誠的天主教友，他說，很多人是在人生遭遇到困難或低潮時才信教。「我是醫生，醫學訓練注重論證和數據，現今醫學尤其著重科學證據(Evidence-based medicine)，不會輕易相信宗教的。」但是2007年2月去耶路撒冷朝聖回來後，他自認受到感召自願受洗。過去擔任家庭醫生時，只要有病人要求墮胎，醫生認為安全，不需要理由，家庭醫生有義務介紹病人到墮胎診所施行手術，無形中成了「殺害胎兒的幫凶」，成為天主教徒之後，他極力反對墮胎，現在墮胎已不再需要家庭醫生的轉介，但郭醫生仍會為他們祈禱。

為了控制醫療開支，安省政府曾經對家庭醫生的收入設有上限，現在這項限制已經取消，不過，作為負責的家庭醫生，他仍認為醫德最重要，醫生對每一位病人都要有愛心、耐心，和提供Quality of care。



全家福：父親郭漢榮、母親李錦萍、
妹妹郭玉霜、弟弟郭詠泰。
Dr Jason Kwok (back row, right) pictured with his parents, sister and younger brother.



熱愛童軍活動的郭醫生。
Dr Kwok is actively involved in Scout activities.



聖約翰救傷隊：頒發獎盃
給傑出急救員。
Presenting a trophy to an outstanding member of the St John's Ambulance.

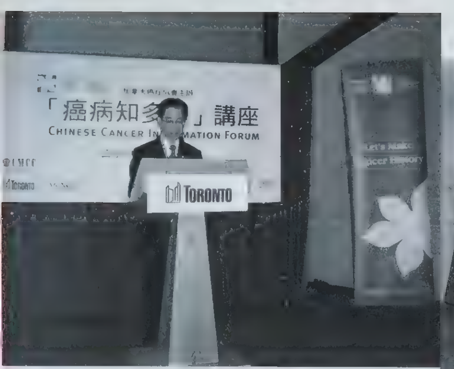


加拿大華人童軍領袖協會 - 歷屆會長：
洪昭安、黃紹光、鍾慕儀和單志豪。
Dr Kwok with other leaders of the Chinese Scouters Association of Scouts Canada.



孟嘗義跑頌春暉：記者招待會。
Dr Kwok at the Mon Sheong Fun Run and Walk press conference.

孟嘗千叟宴 - 與太太郭袁淑嫻。
Dr Kwok and his wife at a fundraising function for the elderly.



加拿大癌病協會講座。
Speaking at the Chinese Cancer Information Forum.



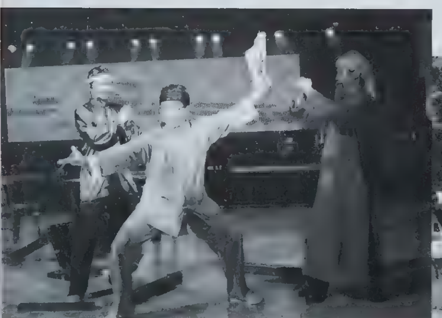
哥倫布騎士：歡迎陳日君樞機造訪多倫多。
As a Knight of Columbus, Dr Jason Kwok receiving the visiting Cardinal Joseph Zen from Hong Kong.



星輝體育會：二十二週年慶祝晚宴。
At the 22nd Anniversary dinner of the Sing Fai Sports Club in Toronto.



太極扇表演。
Dr Kwok demonstrating his Tai Chi.



郭醫生在一慈善活動中演出。
Dr Kwok performing for charity.



幼子大學畢業典禮：太太郭袁淑嫻、
長子郭恆達。幼子郭恆進。
A picture with his wife and two sons.

Dr. Jason Kwok

It is not easy to uproot and move overseas. Taking possibly the biggest gamble in one's life, one must be mentally prepared to lose one's bet. Whether one stays in the same field or change one's career, one must have the courage to face difficulties and persevere. Especially medical professionals, could take years to be re-qualified according to the stringent regulations here and have to pass examinations to be licensed to practice again.

Dr. Jason Kwok, like many others at that time, decided to leave Hong Kong for Canada in 1995. Not only were they worried about Hong Kong's uncertain future after its imminent return to China, he and his wife also wanted their two boys to study in an education system that is not all spoon feeding. He gave up his medical practice, sold his home, and bid his parents and relatives good bye. Immigrating to Canada was probably the most critical decision Jason ever made in his life, and yet he did not do a trial run to see if he could adapt to the new environment like some others do. Without too much hesitation, Dr. Jason Kwok, along with his family, dug up their roots and made their move.

Jason, a post-WWII baby boomer, was born in Hong Kong in 1952 to a middle class family. His father was a sailor on a mercantile ship, and seldom came home. Fortunately his parents understood the importance of education, and took the three children's education very seriously. From the beginning, he attended St. Louis School, a Catholic school, and stayed there until he finished high school. With his excellent grades, he was able to enter the Faculty of Medicine of The University of Hong Kong, where he graduated in 1976. After one year of internship, Jason specialized in orthopedics and sports injury. He was sent to Princess Margaret Rose Orthopaedic Hospital in Edinburgh, UK for six months of training. In 1981, he obtained specialist degrees from the Royal College of Physicians and Surgeons of Glasgow and Royal College of Surgeons of Edinburgh. In 1990, Jason was awarded

specialist degrees of the College of Surgeon of Hong Kong and the College of Orthopaedic Surgeons of Hong Kong, and in 1991 he was conferred the specialist degree of the Medical Academy of Hong Kong, the highest degree one could achieve in the medical field. Following his studies, Jason started his medical practice and continued for nineteen years.

Moving to Canada turned Jason's life upside down. Although Hong Kong was a British colony, and Canada is part of the British Commonwealth, and the University of Hong Kong medical school is comparable to Canadian medical schools, the Canadian Government does not directly recognize degrees conferred in Hong Kong, including the University of Hong Kong. Jason had no choice but to start all over again.

Jason says, "Fortunately, I was rigorously trained at the University of Hong Kong, and I also love challenges. I live by the saying: It is better to try and fail than fail to try." Jason adds, "Once you are older, your memory starts to deteriorate and your ability to focus is less than when you were young. I had to try different ways to force myself to concentrate and focus on my studies." Finally in 1998, Jason was able to pass the license test, and entered the International Medical Graduate Program. Upon finishing the program the next year, he became a resident in Family Medicine at Sunnybrook Hospital. In 2001 he completed the residency requirements and passed the certification examination and became a family doctor. The main reason to switch from orthopedics and sports injury to family practice is that residency for the latter requires only two years compared with other specialties requiring five years.

"Although I have degrees from many universities, and I had gone for specialist training in UK, I still could not get a license to practise right away in Canada. I needed to pass many examinations, and receive further training before I could become a doctor here. But looking at it from a different angle, I am glad that I was selected to fill one of

the twenty-four spots in the International Medical Graduate Program among the many doctors who came here from overseas. I was able to complete a very difficult residency program and pass the licensing exam, and I also received the 'Dr Stephen Kendal Family Medicine Prize' from the Department of Community and Family Medicine of Sunnybrook Hospital, affiliated with the Medical Faculty of University of Toronto." At his graduation ceremony, Dr. Jason Kwok was full of mixed emotions as he looked back on his difficult journey.

Since being licensed to practise again, Dr. Jason Kwok, aside from setting up his own clinic, spends a lot of time participating in community activities. He stresses that the intention of being active in the community is not to bring more business to his clinic. It is only because he enjoys the work and it is a way to pay back to society. Dr. Jason Kwok takes time for many after-work activities, including scouting, promoting conservation, providing first aid training, giving medical seminars etc. He is especially interested in scouting and since 1997, has participated actively in several scouts group within the Chinese community. He admires the 'One good deed a day' motto of the Scouts, and follows that motto faithfully.

Back in 1996, the year after he had immigrated to Canada, Dr. Jason Kwok participated in the Toronto Chinese Health Education Committee's 'Chinese environment ambassadors' program. Together with a group of environmentally minded Chinese-Canadians, they promoted conservation among new immigrants by holding seminars, exhibitions, activities such as tree planting, litter collection, environmental house tours, etc, and he translated many articles on conservation. In 2002, he was awarded the 'Clean World Award' from Pitch-in Canada and Clean World International.

In 2005, Dr. Jason Kwok was invited to join the St. John's Ambulance Brigade and became the team doctor. In addition to giving first aid training, he also gave seminars on general medical knowledge, providing a valuable source of reliable and latest medical information. From

the first Chinese Cancer Information Forum organized by Canadian Cancer Society in 2004 to the latest one in 2010, Dr. Jason Kwok had given multiple talks for cancer - related information seminars. He had written a number of articles on cancer for different newspapers, and also appeared on radio and television to talk about cancer prevention. In 2009, Jason and other volunteers established a cancer caring and support group in the Chinese Martyrs Catholic Church and serves as the medical consultant. In 2011, Canadian Cancer Society awarded him the 'Certificate of Special Recognition' for his contributions.

Aside from providing information on cancer prevention, Jason has also been invited to be a medical consultant for Canadian Diabetes Association, Chinese Chapter. He often holds public seminars on diabetes, obesity, and aging diseases. He writes articles on diabetes, and frequently appears on radio on medical programs, discussing with the audience the different aspects of diabetes. In addition, he writes articles for newspapers and the weekly newsletter of Chinese Martyrs Catholic Church, providing health tips to educate the public.

Aside from medical knowledge, Jason also teaches patients and the public about healthy lifestyles, especially about the benefits of sports. He himself is a sports enthusiast, especially in soccer. He once was the team captain of the doctors' soccer team of the Queen Elizabeth Hospital in Hong Kong. Before coming to Canada, he trained in Tai Chi. In 1992, he obtained an instructor certificate from the Hong Kong Tai Chi Institute. He still practices tai chi diligently five days a week, for about 30 to 45 minutes a day. In addition to the tai chi movements, he also practices tai chi sword, sabre and fan. After work, he teaches tai chi to seniors at the Carefirst Centre and the Chinese Martyrs Catholic Church. In 2001, Dr. Jason Kwok became a director of the Board of Sing Fai Sports Club. He was vice-president and then president. While he was president, Sing Fai Sports Club organized the Asian Community Games, allowing athletes from the different Asian communities to participate in competition. In addition to improving sports skills, the competition also encourages the different

cultural groups to get along with each other. As an active volunteer in the Chinese community, he has been awarded 'volunteer award' and 'Outstanding Chinese Volunteer Service' award from the Government of Ontario and various community groups.

Although he is a western-trained doctor, Jason is also interested in the traditional Chinese medicine discipline. He feels no matter whether you are a traditional Chinese or western doctor, one should treat all patients the same regardless of their origin, just like teachers need to teach all students regardless of their origin. All doctors must have a certain level of English skills, and should not turn any patient away. In traditional Chinese medicine practice, a doctor must examine a patient very carefully: visually and orally. If one does not understand English, one cannot communicate with any Non-Chinese speaking patients. Not only should there be formal supervision for the practice of Chinese herbal medicine, the Canadian medical authorities should also enforce the Continuing Medical Education (CME) program, required for western doctors, to maintain the level of skills of all licensed doctors.

Although Dr. Jason Kwok is fluent in English, he pays a lot of attention to the Chinese language. While in middle school, he was influenced by two teachers who taught Chinese literature and Chinese history: Mr. Tsang Hei Wing and Mr. Wong Ching Wah. After graduating from university, he had taken additional studies in the Chinese language, studying poem and prose writing under another teacher: Mr. Poon Siu Poon. Today Dr. Jason Kwok can converse fluently in Chinese in public, thanks to the teaching of those teachers, who are now unfortunately all gone. He suggested all Chinese-Canadian doctors born in Canada learn to speak Chinese, to strengthen their communication ability and differentiate themselves from the other non-Chinese doctors.

There is always a woman behind every successful man, and Dr. Jason Kwok met his wife Cindy at the Queen Elizabeth Hospital, where she was a nurse. After Dr. Jason Kwok was licensed to practise in Canada,

she became a full time homemaker, and often encouraged him to participate in community activities. Both of their sons, Hector and Derek, have graduated from the Computer Engineering program at the University of Waterloo and are independent today. Mrs. Kwok is a faithful Catholic. Jason says, "Most people will turn to religion when they come upon difficulties or their lives are at a low point, but it is not easy for me to believe, as I am a doctor, and my medical training stresses evidence and proofs, and this is why the practice of medicine is called evidence-based medicine." He adds, "I don't believe in religion easily." After coming back from Jerusalem in February 2007, Jason was so moved that he asked to be baptized. He admits that since he became a Catholic he has turned pro-life and objects to abortion. In the past, as long as it was safe to do the operation, a family doctor must refer a pregnant woman to an abortion clinic if she chose to do so. Now abortion does not require a family doctor's referral, but he would still pray for them.

The Government of Ontario had once put a ceiling on the income of family doctors, but now the ceiling has been removed. Regardless of pay, as a responsible family doctor, Jason feels that medical ethics are extremely important, and doctors should treat each patient with love, patience and provide good quality of care.



巫柏齡醫生
Dr. Gordon Moe

致力醫學研究與健康推廣
華裔心臟專科醫生巫柏齡的願景

今年稍早前，英文報章公佈一份多倫多臨床評估科學研究所(Institute for Clinical Evaluative Sciences)的研究報告指出，華裔移民在西方國家例如加拿大居住的時間愈久，身體愈不健康。華裔心臟專科醫生巫柏齡(Dr. Gordon Moe)對這份報告相當重視，多年來，他一直致力於中風與心臟病方面的醫學研究，同時對推廣健康不遺餘力。

出生加拿大　在香港成長　本地學醫

巫柏齡醫生1955年出生在加拿大，但他的中文水平不錯，能聽、能講、能寫，這要歸功於他的父母從小給他學習中文的機會，他是少數能懂華語的土生華裔心臟專科醫生。巫柏齡兩代懸壺濟世，他的父母親早年畢業於廣東嶺南大學醫學院，因戰亂離開家園，曾經到過英國、瑞士等地深造，50年代來到多倫多，在華埠掛牌行醫。父親是治療胸肺疾病的醫生，母親則專長婦產科，他和弟弟都在多倫多出生。1957年父母結束在多倫多診所的業務，雙雙返回香港重新開業，他跟隨父母回到香港，進入培正小學讀書，小學畢業後，他進入著名的「男拔萃」Diocesan讀中學，成績雖然不錯，但巫柏齡不喜歡香港那種「填鴨式」的教育體制，未讀完大學預科即通過進階考試，申請到西安大學(Western Ontario University)就讀。他因為從小就受父母的影響，早就打定決心學醫，頭兩年在西安大學攻讀科學(Science)，「本來西安大學醫學院錄取了我，但是當多倫多大學醫學院也錄取了我時，我選擇了多大醫學院。」

選擇內科心臟科專科

在多大醫學院畢業後，巫柏齡選擇了內科範疇的心臟專科，「包括駐院實習、做研究、專科學習，我總共花了大約6年的時間。我曾在京斯頓皇后大學醫學院心臟專科學習，後來轉回多大醫學院的心臟專科繼續學習，也去過波士頓做研究，最後回到多倫多聖邁可醫院（St. Michael Hospital）。」從1987年開始，巫柏齡醫生就在聖邁可醫院心臟專科部門行醫，迄今已24年。他強調「預防勝於治療」。自從2001年開始擔任「華人中風及心臟基金會」主席，除了忙於醫學研究工作以外，他積極推廣移民過健康的生活。

巫柏齡表示，「華人新移民抵埗後如果改變生活作息和飲食習慣，久而久之，健康狀況與本地白人沒什麼太大的分別。」研究報告指出，長期定居本地的華裔和白人，與同樣族裔背景的新移民比較，患糖尿病的風險倍增。華裔加拿大人的心臟健康隨着時間衰退，程度最大，其次是白人、黑人和南亞裔。前述的研究報告顯示，北美地區居民群體的痴肥率偏高。定居加拿大15年以上的人，痴肥機率比新的移民高出30%到40%。

避免不健康飲食及生活習慣

中風和心臟病專家巫柏齡認為，社區應該盡量教育新移民戒除不健康的飲食及不良的生活習慣。在飲食健康方面，研究顯示，食用過量的鈉會引起血壓升高。目前在加拿大，幾乎每一個年齡層的人攝取鹽量都超過基本所需。若能根據專家建議，廣泛地降低飲食中鹽的攝取量，將可大大地減少罹患心血管疾病。心臟及中風基金會建議個人每日最高的鈉攝取量不多於 2,300 毫克或一茶匙鹽，患有高血壓或對鈉有過敏反應的人士則每日最高的鈉攝取量不多於 1,500 毫克或 2/3 茶匙。研究並顯示，心血管疾病的

主要危險因素與族裔背景有關。這項由安省心臟及中風基金會資助的全面研究，對不同族裔社群患上心血管疾病危險的概況作出調查，結果顯示加國四大族裔群有著明顯分別。雖然加拿大是全球匯聚最多不同族裔的國家之一，但其四大族裔群患心血管病的危險因素有何不同，人們對此知之甚少。巫醫生同意該份研究報告所提出的建議，即面對加拿大的多元化人口，在檢查和預防心血管疾病上，採取按個別族裔需要而定的方法，也許更為有效。

該項研究涉及154,653 名白人、3,364 名南亞裔人士、3,038 名華人和 2,742名黑人，他們於1996年至2007年間在安省居住。結果發現：南亞裔和黑人患糖尿病的風險，是白人和華人的一倍。白人的吸煙普及程度，幾乎是華人和南亞裔的三倍。過胖的情況在白人和黑人中較普遍，普遍程度是華人的五倍。總的來說，華人患心血管疾病的危險概況最為良好，只有 4.3% 的受訪者表示有兩種或以上的主要危險因素（即目前是吸煙者、過胖、有糖尿病和高血壓）；其後依次是南亞裔（7.9%）、白人（10.1%）和黑人（11.1%）。心血管疾病（心臟病或中風）在南亞裔人士中的普遍程度，幾乎是華人的一倍。吸煙行為在男性中較普遍，但在白人和黑人社區中，男女吸煙普遍程度的差別，遠較華人和南亞裔人士為少。63-75%的參與研究者並沒有每天進行至少15分鐘的運動，情況最壞的是南亞裔男性（70%）和女性（75%）、華裔男性（71%）和女性（75%），以及黑人女性(71%)。

稱讚加國醫療水平和健保制度

談到加拿大的醫療水平，巫柏齡醫生認為加國的醫療水平相當高，美國雖然在科研方面可能更為先進，但是美國缺乏全民健保的制度，平民百姓生不起病，加拿大一般人生病都不必擔心沒有錢醫不起；中國目前也不是全民健保，看病都得花錢。巫醫

生認為加拿大目前的問題是大城市醫生過剩，而鄉村及偏遠地區的醫生不足。聯邦政府應對於國外移民來加拿大的醫生，已放寬專業認證的尺度，這或許可以舒緩對醫生的需求。醫生是自由職業，沒有退休年齡的限制，只要通得過「持續醫療教育-Continue Medical Education，簡稱C.M.E」測試，自認為體力和腦力可以應付求診的病人，可以做到七、八十歲。

做為一名專科醫生，巫柏齡日常花在醫學研究和看病的時間大約各佔一半，但他解釋說，許多醫學上的研究亦與治病有關，因此，事實上花在看病方面的時間佔了大約70%。他除了在聖邁可醫院擔任心臟專科醫生以外，他同時也是多倫多大學的教授(Professor)，自執業迄今，他一直關心兩個核心領域：其一是醫學研究；其二是健康推廣。2001年接下「加拿大安省華人中風及心臟病基金會」會長以後，還要費心為基金會籌款。該基金會一批熱心的義工自1993年起發行『心聲-Heartbeat』季刊，提供健康資訊及最新醫學研究，讓社區大眾能活出健康的人生。每期的內容包括：頭條主題、專題報導、醫學小百科、健心食療篇及華人分會天地。『心聲』定期向加拿大華裔提供大量有關心血管疾病和預防中風的信息及健康生活的指南。由當初的半年刊發展至今日的季刊，最初發行量每期15,000份，現增至35,000份，可從www.heartandstroke.ca/heartbeat網上下載，每期『心聲』隨同中文報刊夾帶派發，同時可在很多安省指定的地點或安省心臟及中風基金會地區辦事處免費索取。

瞭解港加兩地差異及移民需要

巫柏齡生在加國，成長於香港，在加拿大接受醫學教育，父母和他兩兄弟都是醫生，這樣的背景及文化的薰陶，使他更容易瞭解兩個不同社會的需要。通過參與心臟病及中風基金會的義

工所得到的經驗，他開展更多面向少數族裔的研究及健康推廣，提供他們所需要的資訊。「目前在多倫多會說中文的華人心臟科專科醫生不多，現時大部份的健康推廣工作都是面向主流社會開展，忽略少數族裔的需求。因此，我認為有必要在華人社區加強對心臟健康及中風預防的重視程度。」他承諾要終生服務社區。最有效的方法就是提醒大家注意飲食和多運動，換言之，遵循健康的飲食方式，保持體能活躍，知道並控制控制自己的血壓和膽固醇、維持健康的體重、不吸煙、減少壓力、控制糖尿病、以及限制飲酒。巫柏齡兩夫婦經常到各處開會，順便旅遊，經常到中國，他看到中國大陸兒童過胖的情形很普遍，現代的兒童和年輕人普遍沉迷於電腦電玩，缺乏戶外活動，下一代人的健康令人擔憂。

巫柏齡醫生自1993年開始參與「華人中風及心臟病基金會」，今年是『心聲』發刊20週年，過去六年來全情投入為基金會的董事會做義工。出發點是希望減少華人中風的危險性。他給自己立下三個願景：首先是希望為「華人中風及心臟病基金會」籌得較充裕的款項，因為任何醫學方面的研究都需要經費，經費越充足，研究就能持續有進展；其次是教育推廣，教導大眾如何避免患上心臟病和中風，例如勸導青少年多參與戶外活動，不要整天盯著電腦、手機或掛著ipod聽音樂，減少吸煙和減少喝汽水；再其次是遊說政府，要求政府增加醫療和研究撥款。

他重申：「當我致力於為醫學研究籌款和推廣保健時，我是不求任何回報的。只要華人社區更重視健康的問題，而我的病人日漸康復，這就是我最大的回報。」



高中時的巫柏齡醫生(後排左三）。
Dr Gordon Moe (back row, 3rd left) with his high school classmates.

2011年巫柏齡醫生在「安省心臟及中風基金會華人分會」知識講座上發表專題演講。
Dr Moe delivering a keynote speech at a seminar organized by the Chinese Canadian Council of the Heart and Stroke Foundation in 2011.





巫柏齡醫生夫婦遊覽大陸著名景點九寨溝。
Dr Moe and his wife visiting Jiuzhaigou Valley nature reserve in the north of Sichuan Province.



攝於多倫多心臟中心。
Pictured at the Toronto Heart Centre



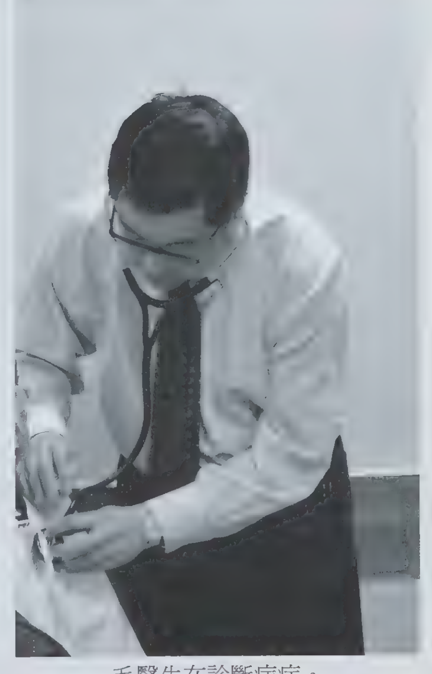
毛柏齡醫生與他的心臟科醫療及研究團隊
Dr Gordon Moe with his cardiology team which works with and researches on heart failure.



2011年的「心聲慈善餐舞會」活動，巫柏齡醫生與陸郎毅及中國駐多倫多副總領事張美芳合影。
Moe with Chinese Deputy Consul General Zhang Meifang and volunteer Helen Lu at a charity function.



巫柏齡醫生參加2005年「心聲慈善餐舞會」活動。
Dr Moe at the “Sing for Your Heart” gala in 2005.



毛醫生在診斷病症。
Dr Moe working in his clinic.

Dr. Gordon Moe

Earlier this year, the Institute for Clinical Evaluative Sciences released a research report pointing out that the longer immigrants stay in western countries such as Canada, the less healthy they become. Dr. Gordon Moe, a cardiologist at St. Michael's Hospital, concurred with the findings of this report. For many years, he has dedicated himself to the study of heart diseases including the impact of ethnicity, and spent much of his time promoting health to the community.

According to this report, the risk of developing heart disease and stroke increases with the duration of time immigrants have resided in Canada. This is especially true for Chinese immigrants. The researchers have found that for those who have immigrated to Ontario for over fifteen years, when compared with those who have been here for fewer than fifteen years, their risk factors for heart disease and stroke (diabetes II, obesity, smoking and high blood pressure) are more prevalent and increase with the length of time they have been here. This pattern holds true no matter you are white, Chinese, South Asian, or black, although the actual risk does vary with ethnicity.

Dr. Moe concurs, 'If new immigrants adopt a western life style and eating habits after arriving in Canada, their risk for heart disease will not be much different from those Canadians born here.' The research report points out that for those who have been here for a long time,

their chances of incurring diabetes increase dramatically compared with new immigrants with the same ethnic background. The research indicates that obesity among North Americans is the highest, and those who have been in Canada for over 15 years is 30 to 40% higher than new immigrants.

Gordon was born in Canada in 1955, but his Chinese language skills are reasonably good. He can listen, speak and write in Chinese, all thanks to the opportunities his parents gave him in learning Chinese since he was young. Gordon's parents are also medical doctors, having graduated from the Medical School in Lingnan University in China. They left home after the Second World War and took further medical training in England and Switzerland. They came to Canada in the 1950's and started a medical practice in Toronto. Both Gordon and his brother were born in Toronto. In 1957, his parents decided to return to Hong Kong with their two children and started a practice there. Gordon entered the Chinese Pui Ching Primary School in Hong Kong, and the English Diocesan Boys' School later for secondary school. After passing the Advanced Level General Certificate of Education examination at the then lower Form 6, one year earlier than others, he was accepted by the University of Western Ontario in Canada for first year undergraduate studies. Since he was influenced by his parents from when he was very small, Gordon was already determined to go into the field of medicine. He was accepted by the University of Western Ontario Medical School after the first undergraduate year but

he chose to study for another year and was subsequently accepted by the University of Toronto Medical School after two years.

After completing internal medicine training, Dr. Moe chose to become a cardiologist. 'After graduation, I spent six years training in internship, residency in internal medicine and cardiology and research fellowship. I was trained in the Queen's University cardiology program initially, and transferred back to the University of Toronto later. I also did additional research training in Boston at the Harvard Medical School. I went on staff in St. Michael's Hospital in 1987. '

Since 2001, Dr. Moe has been the president of Chinese Canadian Council of the Heart and Stroke Foundation. In this position, he leads the Council in achieving the mission of the Foundation in Chinese and ethnic communities – raising much needed funds for research in heart disease and stroke, health promotion, and advocacy.

The Heart and Stroke Foundation has recently commissioned a study of different ethnic groups, and results indicate that these groups have different risk profiles. Overall, when compared to South Asians and blacks, Chinese Canadians have the lowest frequency of risk factors for heart disease and stroke. However, Dr. Moe does not think that one should be complacent with these findings and must continue to be vigilant in instituting preventive measures. For example, one of his own research projects has demonstrated that among Chinese Canadians,

there is very low awareness of the symptoms and risk factors for heart disease and stroke. According to Dr. Moe, these findings clearly call for health promotion efforts that are directed specifically to the Chinese community.

Dr. Moe is currently a Professor of Medicine at the University of Toronto. As an academic cardiologist, he spends most of his time in conducting research and the remaining time in treating patients and teaching. Dr. Moe is also the Director of the Heart Failure Program at St. Michael's Hospital. He attends a very busy Heart Failure Clinic in the hospital. This multidisciplinary clinic has evolved to be a very progressive management program that has benefited a great number of patients with heart failure.

Since he took over the presidency of the Chinese Canadian Council of the Heart and Stroke Foundation, he has helped the Foundation raise over three million dollars of funds for research and health promotion. The signature annual fund raising event, Sing-For-Your-Heart, is well known to the Chinese community as well as the main stream. Besides fund raising, health promotion is a very important mission that Dr. Moe has guided the Council in. Activities include the annual Chinese Health information Symposium on heart disease and stroke as well as the popular Heartbeat News published three times each year.

Dr. Moe was born in Toronto, Canada, but he grew up in Hong Kong,

and later received his medical education in Canada. Both his parents and his brother are doctors. With this kind of background and influence, Gordon understands the different needs of the two different societies. Through his volunteer experience with the Heart and Stroke Foundation, he is able to develop more research and health promotion among the minority groups.

Dr. Moe says, 'There are not too many Chinese-speaking cardiologists in Toronto, and health promotion has mostly involved the mainstream society, neglecting the needs of the minority groups. I feel that it is important to raise the level of awareness for stroke prevention and cardiovascular health within the Chinese communities.' Dr. Moe commits to serve his community all his life, and he feels the most effective method is to remind everyone to exercise more and to eat the right things. In other words, follow a healthy diet, keep an active life style, control risk factors such as high blood pressure and cholesterol levels, keep a healthy weight, do not smoke, and manage stress. His academic pursuits take him to different places in the world providing an opportunity to explore the world. He and his wife like to travel to China where he witnesses that with the increasing affluence of the Chinese in the mainland, obesity including childhood obesity has become a major problem. At present, raising the awareness of childhood obesity is an urgent mission for the Foundation.

A lot of the work that Dr. Moe does, particularly at the Heart and

Stroke Foundation, is as a volunteer. "I do not think of financial return when I try to raise funds for research and promote health. When the Chinese community becomes more aware of health issues and my patients get better, this will be my biggest achievement," says Dr. Moe.



彭纯教授
Professor Chun Peng

有志者事竟成
約克大學生物系教授彭純

一個艷陽高照的夏日午後，入選今年「紅楓傳奇」人物的約克大學生物系教授彭純(Professor Chun Peng)女士接受筆者的訪談。這位看起來遠比實際年齡輕很多的華裔學者，已在生物學的領域裡闖出一片天地，而且繼續朝著目標邁進。她的研究項目如果進一步有所突破的話，將對人類的生育、避孕、孕婦和胎兒疾病的防治、魚類的繁殖等產生重大的影響。但是她謙稱，醫學從理論到實際的路很遠，尤其是與人類健康有關的研究，必須經過嚴格的實驗，證明有效而沒有副作用，才能運用到醫學上。她成功的故事,再次證明了「有志者事竟成」的哲理。

文革期間一家人被拆散

她有今天的成就，是靠多年的努力得來的，絕非僥倖。這要從彭純童年說起，1962年雖然新中國已成立13年，但是國力仍然薄弱，人民生活普遍貧窮，彭純於這一年出生在廣東潮州，家裡四個孩子全是女的，她最小，上頭有三個姐姐，父母都是國家幹部，按說日子應該過得踏實。但是一波接一波的政治運動，使她的童年變得動盪不安，1966年「文化大革命」爆發，她父親被標籤為「歷史反革命」，受到嚴厲的批鬥，最後被關進牢裡，母親受到牽連，被送進「五七幹校」接受改造，四個無辜的孩子頓時成了沒有大人照顧的「孤兒」。她回憶這一段往事：「我父親曾經教過書，但是當國共內戰時期，他的學校的全體教員加入國民黨的『三民主義青年團』，文革時期被挖出來作為批鬥他的證據，就這樣，我們四個女孩只有自理生活，最大的姐姐12歲，我只有5歲，為了免遭文革武鬥的波及，親友將我們四姐妹從城裡轉

移到鄉下去住。文革那些年，我們吃不飽，穿不暖，母親雖然每個星期可以來看我們一次，但聚少離多，日子不好過。」

「正因經歷這種苦難，我從小就會做很多大人做的事，舉例來說，潮州的刺繡很出名，我學會刺繡，經常在昏暗的煤油燈下，在枕頭套上繡花，一件可賺取一塊錢人民幣的工錢，幫補家用或其他開支。」

三次參加高考得償宿願

「1976年文革結束，政府恢復高考，我少上了兩年學，但也有了高中畢業的資格，報名參加高考，只是結果不理想。我原本想當作家，但地理的考試成績不理想，沒有考取，第二年轉考理科，成績也不理想，分發到一所大學，我沒去註冊，我就是不服輸，第三年(1979)重考，終於考上第一志願廣州中山大學生物系，開展了我人生的第一奮鬥階段。」在中山大學就讀期間，彭純珍惜學習的每一個機會，1983年以優異成績畢業，取得學士學位，同年考上研究生，3年後取得碩士學位，這期間，她有幸遇見了指導老師林浩然教授，由於林老師與當時加拿大亞爾伯達大學(University of Alberta)生物系教授迪克．彼得(Dr. Dick Peter)有科研合作計劃，經林老師的推薦，彭純獲得加拿大國際合作研究中心(IDRC)的資助，到了彼得的實驗室，1988年，她來到亞爾伯達大學攻讀博士，下飛機時，她口袋裡僅有50美元。彼得教授是著名魚類生理學家，在他的悉心指導下，她學到很多前沿科學知識。皇天不負苦心人，寒窗四年，1992年彭純取得亞大生物學博士學位。

雖然擁有博士學位，但她明白想在科研的領域更上層樓，路途還很遙遠，於是她申請到卑詩大學(University of British Columbia)繼續接受博士後的訓練，直到1995年，她受聘為約克

大學(York University)生物系助理教授，開拓她獨立的學術生涯，2007年，她被提升為正教授(Full Professor)。除了繼續做研究，每年要上幾車本科及研究生的課，同時指導她所帶領的碩士、博士研究生，以及博士後的研究課題。

致力女性生殖健康的研究

這位加拿大華裔生物學權威最早開始是以魚為研究對象，問她為甚麼挑中魚類，她笑稱可以用來作研究的動物種類繁多，但她只敢觸碰魚類，所以選了以魚為研究對象。她從中山大學研究生時代就鑽進有關魚類性腺激素分泌和排卵的研究，她所參與的研究最終變成了應用於水產養殖業上產品。一直到今天，她仍然熱衷這方面的研究。目前她在約大實驗室，是以一種名為斑馬魚的熱帶魚作試驗，研究各種基因對卵巢發育和卵子成熟的調控。在卑詩大學接受博士後訓練期間，她研究激素控制生殖功能所發揮的關鍵作用。她首次證實常用於治療不孕患者的「促性腺激素釋放激素」及其受體，可能直接影響卵巢。這些發現是研究激素控制卵巢功能的重要里程碑。她期望她的研究對水產養殖業及女性生殖，比如避孕及治療不孕症等有幫助。

卵巢癌是致命率最高的婦科癌症。彭純和她的研究室在10年前開始進入這個領域的研究。她們首首次證明了NODAL對卵巢癌細胞的分裂及凋亡有調節作用。並找到了幾個NODAL的靶基因，最近她們進一步發現了與卵巢癌病人抗藥性相關的一個小RNA。這些研究為尋找卵巢癌更有效地治療方案有所幫助。

彭純對胎盤發育和「先兆子癇」（PREECLAMPSIA）也做了深入的研究。她解釋說，大約5%的孕婦在懷孕期間會患上這種病。這種病危及母親與胎兒的生存。目前病因不明，但與胎盤的發育不正常有關。這種病也沒有有效的預測方法，所以她們近年

來致力在血液尋找可以預測「先兆子癇」的生物標記物。她們也對胎盤細胞進行深入的研究，以便日後找出有效的治療方法。

由於彭純在科研的領域裡相當傑出，曾獲得許多獎勵，常應邀到許多國際會議做報告。她也常到不同的中小學演講，鼓勵及提高中小學生對生物學的興趣，對於手下的研究生，她充滿著耐心和愛心去協助他（她）們完成有關的研究，希望他們學有所成，貢獻人類。

成為移民但未忘本

很多中國留學生都成為加國移民，彭純也是其中之一，但她沒有忘本，她多次回到母校中山大學講學，目前還是中山大學的客座教授。除此之外，她與中國科學院動物研究所有學術交流，她也邀請中國的學者利用學者基金或中央及省政府的支助計劃，到加拿大進修。促進加中兩國之間的學術交流。她認為加拿大在科研方面的水平不錯，但可以做得更好。彭純回憶她那個年代，有機會出國留學的人都非常珍惜難得的機會。她以自己本人為例，留學期間幾乎每天都是一早八點鐘就到實驗室做研究，經常到半夜才離開實驗室，而現在許多留學生是因為家裡有錢送出來「留學」，很多年輕人未必專心向學，尤其是一胎化政策下的孩子，有四個老人再加上父母的寵愛，在這種環境下，能否學會獨立自主都令人懷疑。但是彭純亦擔心在這裡成長的小孩也有所不足，這兒的中小學重視啟發孩子的創造力，培養孩子的自信心，但過於寬鬆。她認為最好是結合中國和西方的教育方式，既不是中國的填鴨式，也不是西方的放縱式。

彭純在出國之前，1986年即與專攻物理學的何星飛結婚，婚後彭純來了加拿大，而另一半則去了坎培拉澳大利亞國立大學留學，夫婿取得博士學位後，於1991年亦到加拿大，他們在卑詩大

學重聚，如今何星飛在安省滑鐵盧一間公司任職，他們育有兩個孩子，女孩12歲，男孩8歲，一個讀第七班，一個讀第三班。除了正常的學校課程，彭純鼓勵兩個孩子要多學點東西，包括學中文、學琴、學游泳、學繪畫等，告誡孩子必須辛勤工作，沒有平白從天上掉下來的東西。從簽證留學生變成移民、入籍公民，彭純一路走來從不覺得受到種族歧視，她認為自身的努力很重要，不要把自己追求不到的目標，都歸類為種歧視下的結果。

肯定中國的成就

身為華人，又來自中國大陸，毫無疑問，彭純關心中國的變化。她表示中國整體國力提升了，人民生活比起幾十年前確實改善不少，但問題還是很多，例如貧富差距太大，社會福利政策不健全，健康保險不普及，不過，總體來說，她還是給予正面的評價，她相信當改革的呼聲逐漸加大時，民主政治會逐步完善。她認為目前像美加這樣的民主選舉，在中國大陸還是行不通的。對於中國的高校教育制度和科研單位，她認為中國高校的教授雜務太多，許多事情不一定與學術有關，處理這麼多的雜務會影響高校的學術水平。

彭純認為中國現在富裕了，應該重視科研，重視人才，多選派優良人員出國進修，加強與外國高水準的學術機構合作。近幾年，中國吸引了在國外有成就的「海歸」，他（她）們正成為國內很多大學及研究所的學術帶頭人。「海歸」將成為中國未來發展的重要力量。



20歲的彭純
Chun Peng at her 20's.



1988年彭純來加拿大深造前，
在北京機場與夫婿何星飛合影。
With husband at Beijing Airport before setting off to Canada in 1988 to further her studies.



2011年8月，彭純和她領導的
研究團隊合攝於彭宅。
Prof Peng with her research team members at her home in 2011.



2010年12月，彭純和夫婿及子女攝於
廣州中山大學校園內。
Prof Peng with her husband and children at Guangdong Zhong Shan University in 2010



1992年底，彭純取得博士學位，
與夫婿何星飛一齊慶祝。
Chun Peng got her doctorate degree in 1992....
a celebration with her husband.



1992年底，彭純取得博士學位，
與指導教授Dick Peter夫婦合影。
Pictured with her supervising professor Dick Peter after getting her doctorate degree in 1992.



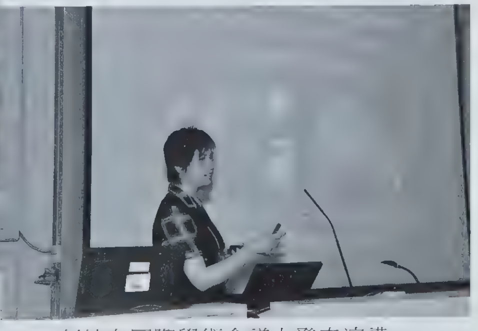
1995年回到中山大學與出國前的指導教授林浩然在生命科學學院前合影。
Chun Peng returned to Zhong Shan University in 1995 and visited her supervising professor there.



2009年與實驗室同仁參與在中央島舉行的「希望之行」。
Taking part in a walkathon on Centre Island with her laboratory colleagues in 2009.



與父母攝於溫哥華卑詩大學。
Prof Peng with parents at The University Of British Columbia



彭純在國際學術會議上發表演講。
Prof Peng speaking at an international academic conference.

Professor Chun Peng

The interview took place on a hot and sunny afternoon. Professor Chun Peng, looking much younger than her years, talks about her work at York University. She has already made quite a name for herself in the field of biology with her findings. Her research has a positive impact towards the understanding of how hormones and growth factors control female reproduction and has potential applications in the development of diagnostic and therapeutic methods for ovarian cancer and pregnancy- related diseases. But she humbly says that from research to practical application is a long road, especially when it relates to human health. A research result has to be rigorously tested to prove its effectiveness and that there are no adverse side effects before it can be used in the field of medicine. Professor Chun Peng's success story proves once again that 'where there is a will, there is a way'.

Her success today is due to her hard work over many years. Chun Peng's story began in 1962 in the city of Chaozhou in Guangdong province where she was born to a family with four girls, Chun being the youngest one. The communist government at that time had been established for only thirteen years, and there was poverty all around. Her parents were public servants and the family should have been living a comfortable life. Unfortunately political changes came one after another, and Chun had a very unsettled childhood. In 1966 during the Cultural Revolution, her father was identified as an 'anti-revolutionary', severely criticized and put into a jail at the end. Her mother was also tainted and had to undergo 'transformation' in a 'May 7 State Official school' (farms where state officials were sent for 'thought re-education' during the cultural revolution). Their four innocent children became 'orphans' instantly. Chun Peng remembers what happened, 'My father was a teacher at one time, and during the civil war, all the teachers in his school joined the Chinese Nationalist Party's Youth League. During the Cultural Revolution, this involvement was dug up as evidence against him. From then on, we four girls had to take care of ourselves. My oldest sister was twelve and I was only five at that time.

To get us away from the chaos of that time, our relatives sent us to live in a village. During those years, there were not enough clothes to keep us warm, nor enough food to keep us full. Although our mother could come to see us every week, most of the time we were separated.'

'Because we had gone through such hardship, I could do many things when I was young that normally only adults do. As an example, to supplement our family income, I did needlework on pillowcases, each pillowcase earning one RMB, and much of that work was done under a dim gas light.'

Following the end of the Cultural Revolution in 1976, the Chinese Government resumed holding the University Entrance Examination. Despite missing two years of school, I was qualified to take the examination. My results were not good on the first try. I wanted to be a writer, but I did poorly in geography and was rejected. The second year, I took the examination in sciences, but once again my results were inadequate. Although I was assigned to a university, I did not accept the offer because I did not want to give up on my top choice. In 1979, on my third try, I got accepted into my first choice: the Biology Department in Sun Yat-Sen University in Guangzhou, and thus began another phase of my life.'

Chun Peng treasured each study moment while at university. In 1983, she got her Bachelor's degree with outstanding results, and became a postgraduate student. Three years later, she was conferred a Master's degree. During her graduate studies, she was fortunate to work with Professor Lin Haoran, who at that time was collaborating with Dr. Dick Peter of the University of Alberta in research. Through his recommendation, she obtained financial assistance from the International Development Research Centre (IDRC) and was able to join Dr. Dick Peter's laboratory. In 1988, she started her PhD studies at the University of Alberta. When she got off the plane, she had only US$50 in her pocket. Dr. Dick Peter was a renowned fish endocrinologist, and under his guidance, she acquired a lot of leading

edge scientific knowledge. Despite the financial hardship, Chun Peng completed her PhD studies four years later in 1992.

Even with a PhD degree, Chun knew that to reach another level in research, she still had a long road ahead, so she applied for a fellowship from the Natural Science and Engineering Research Council (NSERC) to do further research at the University of British Columbia, staying there until she was offered an Assistant Professor position at York University in 1995. Since then she has been doing independent research. She was promoted to be an associate professor with tenure in 2001 and a full professor in 2007. Aside from doing research, Professor Chun Peng teaches biology classes, and supervises various Masters and PhD students, as well as Research Fellows in their research work.

Professor Chun Peng's initial research began with fish. She jokes that there are many animals that can be research subjects, but she dares to touch only fish. When she was studying at Sun Yet-Sen University, she was part of a research team to study how hormones control ovulation and their research results led to the development of a commercial product in the fish hatchery industry. To this day, she is still enthusiastic about the research in this area. Currently her research uses a small tropical fish called zebrafish to investigate the effect of various genes in the development of the ovary and maturation of eggs. When she was at the University of British Columbia for her postdoctoral training, she discovered that gonaodotropin-releasing hormone, a hormone known to promote secretions of gonadotropins from the pituitary, had a direct effect on the ovary. This finding had an important implication in the research of hormones and fertility treatment. She hopes her research could help the fish hatchery industry as well as human reproduction, such as contraception and treatment for infertility.

Ovarian cancer is the most fatal disease among all the gynaecological cancers. Professor Chun Peng and her research team began studies in this area ten years ago. They proved for the first time that NODAL

decreases ovarian cancer cell proliferation and induces their apoptosis. They were also able to elucidate how NODAL causes cancer cells to proliferate slower and how it triggers cells to undergo apoptosis More recently they discovered a small RNA that was related to drug resistance in certain ovarian cancer patients. This research is beneficial in helping to find more effective treatment for ovarian cancer patients.

Professor Peng is also investigating placental development and pre-eclampsia, a pregnancy specific disorder. She explains that about 5% of pregnant women suffer from this disease, which endangers both the lives of the mother and the unborn child. Currently the causes of pre-eclampsia are not well understood, but abnormal placental development is known to be linked to the disease. There is no effective way for predicting the probable occurrence of the disease, and in recent years they have been searching for plasma bio-markers for pre-eclampsia. They have also been studying how growth factors control the development of placenta and how their abnormal function contributes to the pathogenesis of pre-eclampsia.

Professor Chun Peng has received many awards for her outstanding scientific research. She has also attracted substantial amount of funding from NSERC and the Canadian Institute of Health Research (CIHR). She often gets invited to give talks on her work at many international and national conferences. Furthermore, she has been actively involved in science outreach activities and often goes to primary and high schools to give speeches to encourage elementary and high school students to take an interest in biology. For her own students and trainees, she is always full of love and patience in helping them finish their research work.

Professor Chun Peng is one of many who come to Canada as a student and in the end become an immigrant. But she has not forgotten her mother country. She has returned to China to give talks at various universities and research institutes. Presently, she is a guest professor at Sun Yat-Sen University. In addition, she has been collaborating

with scientists from the Institute of Zoology, the Chinese Academy of Sciences and with clinicians in hospitals as well. She also invites Chinese scholars to come to her lab to study, supporting the ongoing academic exchange between Canada and China. She feels that Canada conducts good quality scientific research, but can improve further. Professor Peng remembers in her time, those who had an opportunity to go abroad really treasured the opportunity. Using herself as an example, every morning she began her research work at 8 am, and often stayed there until midnight. Now many students go abroad because their parents can afford it. She feels the youths today don't focus on their studies, especially the students who are raised under China's 'one-child' policy, spoiled by four grandparents and two parents. It is doubtful if they can become independent under those circumstances. Professor Chun Peng is also concerned about the children who are raised here. While the educational system here stresses creativity and self-confidence, it provides a lax environment. She thinks the best educational system is a combination of Chinese and western styles, neither rigid like in China, nor lax like here.

Chun married her school mate He Xing- Fei, a physicist, in 1986. When Chun came to Canada in 1988, her husband went to the Australian National University in Canberra. After her husband obtained his PhD degree, he went to the University of British Columbia in 1991 and Chun joined him in Vancouver at the end of 1992. Today Xing-Fei is working at a company in Waterloo. They have two children, a twelve year old girl and an eight year old boy. Chun encourages both of them to take extracurricular courses such as Chinese language, piano, swimming, and drawing. She often teaches her children to work hard to reach their full potential.

Chun feels lucky to be an immigrant in Canada where she has never experienced discrimination. She thinks that self-motivation is very important and that one cannot blame discrimination for not reaching one's goal in life.

Being a Chinese-Canadian immigrant from China, Professor Chun Peng is very concerned about what goes on in China. She says that on the whole the country is much stronger and generally life is better than before. But there are still many problems, such as the large gap between rich and poor, the inadequate social welfare system, and the lack of health insurance coverage. But on the whole Professor Peng's evaluation is positive. She believes that democracy will slowly evolve when there is more call for political reform. She feels that democratic elections are not feasible currently in China. She also thinks that school teachers as well as researchers have too many administrative tasks, which impact both their time and their academic achievement.

Professor Chun Peng feels that China is richer now, and could pay more attention to scientific research. They should value their talent, send the top students abroad, and strengthen collaboration efforts between China and foreign institutes. Most recently China has attracted a number of high-performing researchers to return, and they will become future academic leaders in universities and research institutes. Returning scholars could be a very important force in China's future development.



蘇凌峯
Mr. Stanley So

無心插柳　一路長紅
蘇凌峯由為人師表轉做傳媒人的心路歷程

人生的際遇無奇不有，有些人刻意在求學時期即預定日後想幹什麼，為了達到目的，朝著既定的方向努力；但是有些人是在偶然的情況下碰到機會，本想抱著姑且一試的心理，但沒想到一試即愛上這一行，難捨難棄。傳媒電視界的蘇凌峰(Stanley　So)自認是屬於後者。

提起蘇凌峰，來自香港年長一輩的移民很少不知道他的，一九八九年民運之前，他曾是香港無線電視台TVB最受歡迎的新聞主播，九零年移民多倫多之後，最早曾在「中文電視」任職過，後來轉到「北美影城」擔任節目製作，「中文電視」取得加拿大全國性的執照後被港商馮永發收購，改名為「新時代電視」，聘蘇凌峰為新聞總監，1998年Stanley被當時的多元文化電視台(CFMT)挖角，擔任晚間粵語新聞主播，CFMT後來改名為OMNI，蘇凌峰一直留在主播的職位上，兢兢業業，除了休年假以外，逢週一至週五，每晚九時至十時的粵語新聞時間，觀眾總會轉台到OMNI 2，收看他主播的新聞節目，十年如一日。

培訓結束　應聘兼職當主播

蘇凌峰自師範學院畢業後，被分發到港島華富村的「魯班小學」任教，同時擔任訓導主任的職務，教書這一行雖然不富裕，但香港教師的待遇還是不錯的，而且每天面對一群天真無邪的學童，也是開心的事，何況自己還頗受學生的歡迎。當時香港商業電台登報開設廣播訓練班，「我報讀的目的是為了訓練口才，並沒有入行的打算，培訓的時間大約是半年，最後結訓時大約有卅來人。結訓後突然收到『佳藝電視』的電話，邀請我試鏡，並錄

取為兼職的電視新聞主播。」經過考慮，決定仍以教書為主，電視台的工作為兼職，白天教書，下班後的黃昏時間到晚間九時再到九龍一間小學擔任夜校教師，晚上9:30夜校教完書之後，再乘的士趕到電視台播新聞，10:30播完新聞，回到家已接近午夜時分，每天連趕三場，雖然辛苦，但生活相當充實。

「電視台知道我是兼職，但認為我的專長應該朝廣電方面發展，遊説我轉為全職，由於這是一大轉變，加上電視台的人事比較複雜，風浪亦大，長女已出生，這種事情必須與妻子商量。」蘇凌峰回憶入行當教師時的每月工資是港幣675元，在加入佳藝電視台前，銀行存摺內只有300元，還好妻子本身有一份穩定的工作，但她認為既然獲得電視台看重，不妨嘗試一下新的行業，於是在1975年加入「佳藝電視」為全職人員，擔任記者兼新聞主播。1978年8月，佳藝電視突然關門，許多職員措手不及，不知發生甚麼事，但蘇凌峰自認為十分幸運，因為就在佳藝關門之前的一個月，他已被無線挖角過檔，簽約決定9月1日起上班，時間上非常巧合，他完全沒有失業的徬徨和壓力。

佳藝關門轉入TVB

在TVB一待就是12年，1989年爆發的民運事件，是他人生另一個轉捩點，當時每天最熱門的新聞就是北京天安門發生的民運風潮，由於他身為電視台新聞主播，責無旁貸必須將手頭的新聞播出去，但中國政府不明白電視台的運作，以為他有意炒作，將他列入黑名單。他覺得既然已被列入黑名單，心中已有陰影，對自己日後的發展可能不利，而且自己亦覺得97後香港的前景不明朗，關心兩個女兒日後的教育，再加上90年香港正掀起移民潮，許多朋友已移民加拿大。他在1989年民運之前已申請移民，天安門事件更強化了他移民的決心。Stanley説：「當時TVB曾作全港的民意調查，我被評為最受歡迎的電視新聞主播，當時公司並沒有公佈這項調查結果，是公司其他同事告訴我的。但是這並不影

響我移民的決定。」

「TVB尊重我移民的決定，最不願意看到的是優秀的員工跳槽，當公司知道我真的是移民多倫多，終於放心。我是申請『技術移民』這一項的，在這個欄目內，我和妻子都得到滿分，相當順利。」在動身之前，Stanley曾致電多倫多「中文電視」的新聞部門，對方表明歡迎他移民加入「中文電視」，並言明從90年9月1日起上班，這對他而言算是相當幸運。許多人選擇移民，來了之後卻徬徨無主，找不到工作，或者為了生活被迫改行。蘇凌峰說：「1978年我加入TVB是9月1日開始上班，1990年來多倫多加入中文電視也正好是9月1日開始上班，而這一天正好是記者節。」

談到電子傳媒這一行的酸甜苦辣，蘇凌峰有頗多的感觸。「我是師範學院畢業的，本來以教書為本行，進入傳媒界是個偶然，記得最初進入佳藝電視擔任新聞主播兼記者，由於我不是學新聞出身的，入職的薪資亦比其他員工高，有時難免被人『排擠』，面對這些『白眼』，我只有更加努力把工作做好，知道自己的不足，多學習，多請教別人。」他將自己每天播出的新聞稿帶回家，用錄音機錄下之後與妻子一起放來重聽，檢討有何缺點需要改進。日久之後與同事熟絡了，許多同事才真正認識他的為人。

移民初期抗拒回流誘惑

由於蘇凌峰當年在香港電視新聞廣播這一行的名氣相當響亮，所以儘管移了民，仍然有行家遠道從香港過來遊說他「回流」。「1991年是我面對重大掙扎的一年，有位以前的同事正籌備在香港開辦新的有線電視台，專程飛來遊說我返港效力，香港無線和亞視電視台亦向我招手，坦白說，誘惑相當大，一下子讓我亢奮起來，憧憬著東山再起的風光，但是當我冷靜下來重新思考了兩個星期，並與妻子商量過後，我終於捨棄回港的念頭，決

定留下。我不願看到『家不成家』的樣子，堅持一家人共同面對苦與樂，做一個有承擔的丈夫和父親。我也知道留下來必須改變心態，前面的路是漫長的。」

蘇凌峰坦承，移民最初的兩三年心情一直靜不下來，除了與家人相處的時間以外，常感到孤觸寂寞，需要克服。「我在中文電視做了兩年多的新聞主播，1993年中，本地華人開設『北美影城』，由於開出的條件不錯，我轉到『北美影城』上班，這間公司不是電視台，我的工作是負責拍攝有關移民的專輯『楓葉錄』，賣到香港和大陸播放，也協助公司辦些展覽。」1995年，香港的馮氏家族投得加拿大廣播電視管理局(CRTC)的牌照，將原來的「中文電視」改名為「新時代電視」，蘇凌峰擔任新聞總監，三年後，CFMT多元文化電視台每晚粵語新聞主播王成偉因就讀神學院而辭職，電視台希望找一位有公信力的主播兼新聞節目的主持人，CFMT高層當時認為蘇凌峰是不二人選，條件談妥，Stanley遂從「新時代」過檔。

由「新時代」過檔CFMT多元文化台

在多元文化電視台已度過十三個寒暑，早幾年還親自訪問過不少華社知名人物，製作成56集的「真情對話」，相當受歡迎。他認為世上沒有任何一種行業是100%滿意的，「只要盡其在我，對得起自己的良心就夠了。」這些年來，除了在電視台的工作以外，Stanley成為推動「燃動青年」- Across U-Hub 這個組織的核心成員，花不少時間協助多倫多大學的方偉晶教授推動活動項目。他說「燃動青年」- Across U-Hub 是社區組織，構想是源於香港的「突破海外使團」，後來有人建議改名，使其更具有本地的特色，宗旨是希望提供年輕人一個活動平台，引導年輕人除了校園生活以外，還有機會透過不同的節目和學習過程，結交社會上其他的良朋益友，循正確的人生方向，過健康的群體生活，培養年輕人開放自信的性格，以及領導的才能。「燃動青年」-

Across U-Hub 成員除了來自中港台的華裔以外，還與南亞裔、韓裔、越裔年輕人舉辦活動，每年舉辦領袖訓練營，成立已超過10年，Stanley長時期擔任「燃動青年」的義工，付出不少心力。

蘇凌峰雖然學的不是新聞專業，但經過數十年的歷練，早已熟悉這一行。他認為香港傳媒搏殺的精神令人欽佩，競爭幾乎是白熱化。記者應該對傳媒工作有熱忱，不應被動的等上頭派工，應該自己找題材；換個角度説，記者應該主動發掘新聞，不是坐著等新聞。他承認作為中文傳媒有時碰到一些敏感的問題，難免在處理上有些顧慮，例如是否要從「政治正確」著眼等。碰到這一類的新聞時，他的原則是盡量保持平衡報導。

欣賞加拿大爭做義工的風氣

加拿大是個義工風氣很盛的國家，不同於香港一些大公司不讓屬下參與任何公益團體做義工，這種狹隘思想和專權的做法，使香港成為一個人情淡薄的社會，而這兒上至大集團的CEO都願意為慈善食堂的窮人送餐。「我移民加拿大轉眼已21年，當初選擇移民的一個主要原因是為了兩個女兒的教育，如今她們都已長大成人，大女兒在懷雅遜大學學了傳播以後返港工作，現擔任網上新聞的記者；小女兒大學畢業後在本地一所教學醫院擔任放射治療師。由於她們受到加拿大社會風氣的影響，對社會充滿愛心，每當看到這一點，我和妻子都會暗自慶幸當初選擇移民是走對了路。」



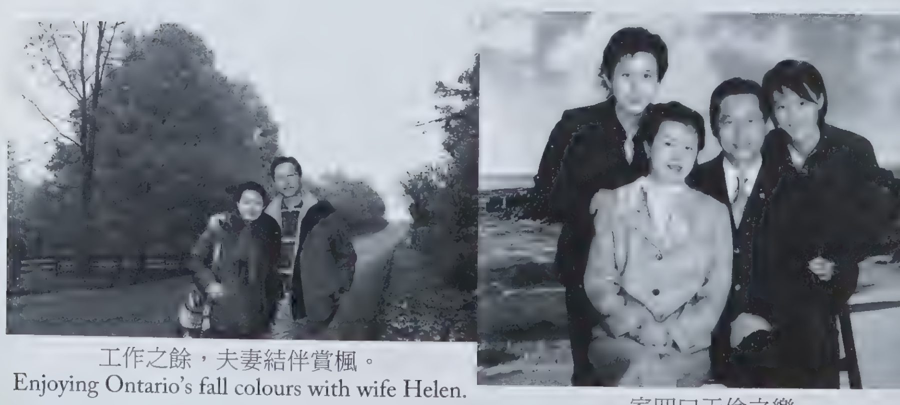
1986年在TVB擔任新聞主播。
Stanley as TVB news anchor in Hong Kong in 1986.



1981年在香港TVB任職時的採訪團隊。
Stanley with his TVB news crew in 1981.



現任多倫多 OMNI 2 新聞主播
Currently Rogers OMNI 2's news anchor.



工作之餘，夫妻結伴賞楓。
Enjoying Ontario's fall colours with wife Helen.

一家四口天倫之樂。
A family picture.



1999年參與聖約翰救傷隊。
ned St John's Ambulance Canada in 1999.



1992年主持為多倫多病童醫院籌款。
Hosting Toronto Sick Kids Hospital's fundraising in 1992.

積極推動燃動青年活動。
Stanley at Across U-hub's fundraising event.

Mr. Stanley So

It is true that life often takes unexpected turns. Some people make their plans while they are still in school and work towards their goal industriously, while others, taking advantage of unexpected opportunities, fall in love with their new career. Television news anchor Stanley So belongs to the latter group.

Most immigrants of an earlier era from Hong Kong have heard of Stanley So. Before 1989, he was one of the most popular television news anchors in Hong Kong. Since immigrating to Toronto in 1990, he had worked for Chinavision, and later as a program producer at North American Studio. A few years later, Stanley So was hired as Chief News Editor at Fairchild Television. In 1998 Stanley was recruited by Multicultural television CFMT, and became the evening news anchor for Cantonese news. CFMT subsequently changed its name to OMNI. Every week night from 9 pm to 10 pm, it is a Chinese family ritual that everyone watches the news delivered by Stanley So on OMNI 2.

Stanley graduated from Sir Robert Black College of Education and took a teaching job afterwards. Although teaching was generally not a high paying job, the salaries of Hong Kong teachers were quite good. In addition it was rewarding to teach a class of innocent children, especially when one was a popular teacher. So it was by chance that Stanley saw an ad in the paper for broadcasting training. 'I enrolled because I wanted to improve my oral skills. I had no plans to switch to a new career. The training took six months, and at the end there were about thirty people left in the class. When the course was completed, I received a phone call from Commercial Television, inviting me for a tryout. Following the tryout, I was offered a part time position as a news anchor. After much consideration, I decided that teaching would stay as my main profession, and that the work at the television studio

would be supplementary. I had two teaching jobs at that time for day and evening, and then rushed to the television studio for 9:30 pm news. Having three jobs on the same day was difficult, but at the same time I found it very fulfilling.'

Stanley adds, 'My superior at Commercial Television knew that I was keeping two jobs, but felt that I should further develop my potential in broadcasting. They persuaded me to take on the job full time. Since this was a big change, and a job in the media would be less secure with more complex people issues, I had to discuss with my wife. At that time, we just had our oldest daughter.' Fortunately his wife held a steady job, and was supportive of Stanley trying out a new career. In 1975, he became a full time employee as a reporter as well as news anchor. In August 1978, Commercial Television suddenly closed its doors to its shocked employees. But Stanley was fortunate in that a month before it closed its doors, he was recruited by TVB to start a new job there on September 1. Stanley felt that only through fortuitous circumstances that he did not end up being unemployed.

Stanley stayed at TVB for twelve years. The Tiananmen Square incident on June 4th 1989 was a turning point in his life. At that time, the student movement for political reform was the hottest news item. Since he was the news anchor at the television studio, he had to report what was happening in China. The Chinese Government treated him as an instigator, and put him on the black list. Stanley felt that being on the black list would be disadvantageous for his career. The future of Hong Kong was uncertain after 1997, and he was concerned about the education for his two daughters. In 1990 many people were moving overseas, including many of his friends to Canada. At that time he had already applied for immigration to Canada, and the Tiananmen incident only reinforced his determination to leave. Stanley says, "There

was a survey by TVB that concluded that I was the most popular TV news anchor in Hong Kong. Although they did not publicize it at the time, I knew the survey results through my colleagues, but this did not change my decision to leave.

TVB respected my decision. Although they did not like to see me leave, they were less concerned because I was not leaving to join a competitor. We applied for immigration through the technical skills category, and both my wife and I scored well on that.'" Before moving, Stanley had called the Chinavision News section, and they had welcomed him to join. It was really a lucky strike as most immigrants have to begin looking for a job after landing, or have to switch careers. Stanley says, "I joined TVB in 1978 on September 1st, and I also began my job here in Canada on September 1st, 1990, and that day happens to be Journalists' day."

Stanley has mixed emotions about the television media industry. 'I graduated from teachers' college, and teaching was what I was trained for. I only became a broadcaster by chance. I remember when I first joined TVB as a news anchor and reporter with a higher salary than others, I was ostracized because I did not have any formal news reporting background. To overcome this, I was determined to do my work well, learn from others, and improve in my areas of deficiency.' He would always bring home the news script, listen to his own recording again with his wife, and review where he could improve. It was only after some time that Stanley's colleagues got to know what kind of person he really was and became his friends.

Since Stanley had made a name for himself in the television industry in Hong Kong, many of his colleagues tried to persuade him to return. Stanley says, '1991 was my year of struggle. One of my colleagues was starting a new television station in Hong Kong, and flew to Toronto

to persuade me to return to help him. I also got offers from other television stations. Frankly, the temptation to return was huge, and I was really excited, imagining that I would be reclaiming my glory. But after I cooled down and thought carefully about it over a period of two weeks, I gave up the thought of returning to Hong Kong. I did not want to split up my family. I wanted to be a responsible husband, and father, and together with my family face the future, be it good or bad? I knew that I must change my way of thinking if I were to stay in Canada, since the road ahead was sure to be long.'

Stanley admits that the first two or three years after immigrating he was often agitated. Except when he was spending time with his family, he felt alone and lonely. 'I was a news anchor at Chinavision for over two years. In 1993, I left for North American Studio. It was not a television station, and my work was to develop a program on immigrants, and sell the programs to Hong Kong and China to be broadcast. I also helped the company with exhibitions'. In 1995, Stanley joined Fairchild TV as chief news editor. Three years later an opportunity arose at CFMT, a Multicultural Television channel, when its evening Cantonese news anchor left the post, and Stanley was hired on as the news anchor and senior news editor.

Now it has been thirteen years since Stanley joined the CFMT multicultural television (now named OMNI). He was proud to have the opportunity to interview many well known people in the local Chinese community. Stanley produced a series of 56 interviews: 'Face to Face with Stanley So', which were quite popular. Stanley feels that there is no career which is 100% satisfactory. 'I think one should always try one's best, and if one's conscience is clear, that would be sufficient'.

All these years, aside from working for television, Stanley spent considerable time helping Professor Eric Fong of the University of

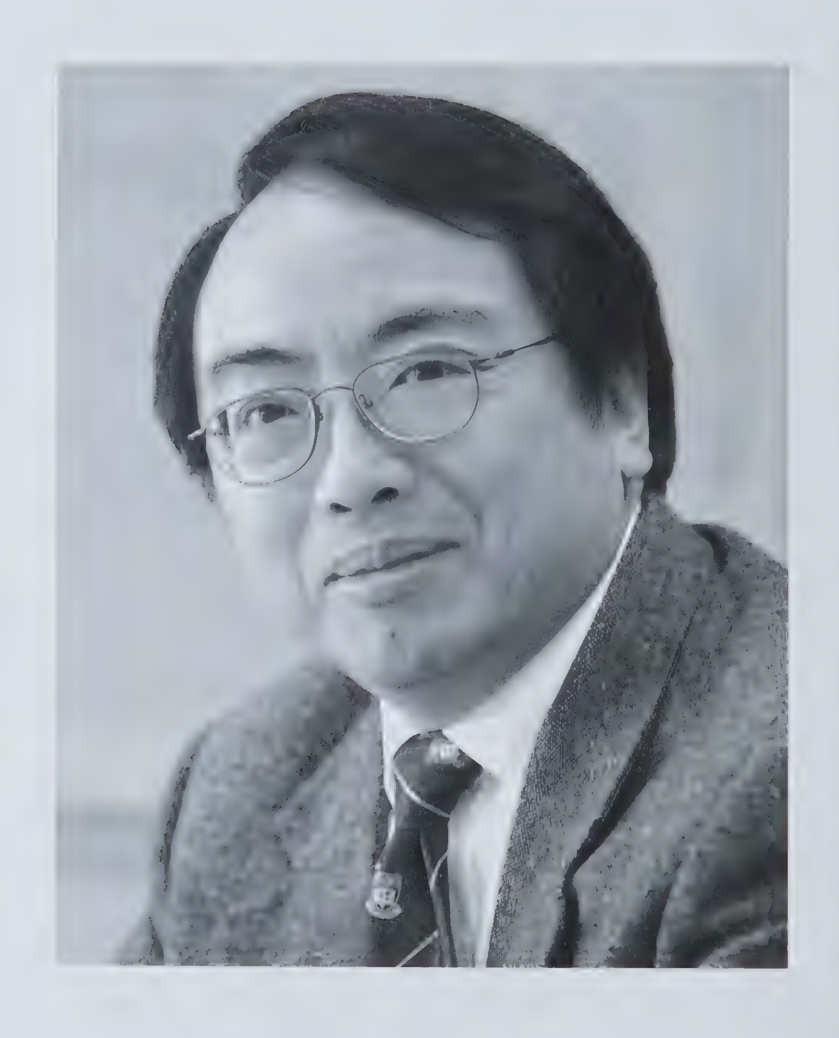
Toronto promote Across U-hub (AUH), an organization that was based on the concept of Breakthrough Overseas Mission from Hong Kong. The idea is to provide a hub for youth activities outside school, so that young people have opportunities to cultivate friendship with other youths and develop a healthy social life. Through working with mentors and other youths, they also develop self esteem and leadership. Across U-hub members come from China, Hong Kong, Taiwan, and they have joint activities with youths from Southeast Asia, Korea and Vietnam. This organization is now ten years old, and Stanley has been a volunteer for this organization from the beginning.

Stanley is now the vice-chair of the board of directors. He works together with his colleagues to set policies and the direction of AUH, exchanging ideas and experiences on how to deal with young people, and listening to their stories. In addition, Stanley volunteers as a speaker to talk about his life experiences in seminars for the young people, serving as a role model and a resource for them. Every year AUH holds activities like the City Mosiac and a summer leadership camp. Stanley is also the co-chair of the fundraising committee, and promotes AUH tirelessly to everyone around him, holding an annual event to raise funds for the organization.

Although Stanley did not study television journalism, after so many years of training on the job, he knows this field inside out. He feels the 'can-do' spirit of the Hong Kong reporters is very admirable. To rise above the red-hot competition, journalists should be enthusiastic about their work and not wait for work assignments from their supervisors. They should be finding items of interest on their own. Looking at it from another angle, reporters should be digging up news themselves, and not wait for news to come to them. He admits sometimes the Chinese media would come upon controversial topics which they have

to be sensitive about and be politically correct. Stanley feels the best way is to always provide balanced reporting for all news.

Canada is a country where volunteerism is popular, unlike in Hong Kong, where some large companies forbid their employees to participate as volunteers for the community. This type of narrow minded and authoritarian thinking has turned Hong Kong into a cold-hearted society. Here even the CEOs of large conglomerates are willing to deliver meals for the poor. 'I have been in Canada for twenty-one years now, and my main reason for emigrating at that time was because of my daughters' education, and now they are grown up. My oldest daughter studied broadcasting in Ryerson University and she is now working in Hong Kong as an internet news reporter. My younger daughter is a radiation therapist after graduating from university. Since they have been influenced by their Canadian upbringing, they love to volunteer in their community. When we see this, my wife and I are always glad that we made the right decision to immigrate to Canada.'



徐立之教授
Professor Lap-Chee Tsui

傳承港大精神　跨越百年里程
越洋專訪香港大學校長徐立之

香港大學今年歡慶建校一百周年，「時光隧道」以百萬年為單位，一百年的時間根本微不足道，惟就港大而言，百年來見證香港的繁榮起落，見證近代中國的轉折興衰，而應聘擔任港大校長已逾九年的徐立之博士，正處於這個傳承點，任重而道遠。「紅楓傳奇」今年以「明德格物締傳奇」為選拔的宗旨，而「明德格物」正是港大的校訓，徐校長是香港移民，是華裔加拿大人，是人類基因遺傳學的權威，平生獲獎無數，先後獲加拿大勳章、安大略省勳章、加拿大國會Killam獎，加拿大醫學研究局資深研究員、美國侯活曉士醫學研究所國際學人，以及多所著名大學頒授榮譽博士學位。徐立之同時是英國皇家學會會員、加拿大皇家學會會員、台灣中央研究院院士、美國國家科學院外籍院士、中國科學院外籍院士。他今次成為「紅楓傳奇」人物，為紅楓增添不少光彩。

人類遺傳學權威

徐立之祖籍浙江杭州，1950年於上海出生，三歲時隨父母移居香港，於牛頭角新村庇護十二分校讀完小學後，入讀巴富街官立中學（現名何文田官立中學），畢業後進入香港中文大學新亞書院生物系攻讀，1972年獲理學士學位；1974年獲得中大碩士學位後，徐立之負笈美國匹茲堡大學，於1979年取得生物學博士學位。其後，他在美國田納西州Oak Ridge國家實驗室及加拿大多倫多病童醫院遺傳系從事博士後研究，繼而擔任多倫多病童醫院研究所遺傳系主任及首席遺傳學家，同時為 H.E. Sellers 囊狀纖維症講座教授及多倫多大學大學教授。1989年，他成功斷定導致囊狀纖維症的缺陷基因(英文簡稱CFTR)，為人類遺傳學帶來重要突破。

人生的際遇往往是意想不到的。在多倫多病童醫院做研究時，曾有不少大學研究機構找過他，但他都予以婉拒，唯獨港大聘請校長時，他怦然心動。徐校長回憶當年應聘出任港大校長的機緣，雖然移民加拿大多年，但經常返港與生物及醫學界進行交

流，對香港的學術機構與研究並不陌生。他與港大校長遴選委員會主席馮國經先生面談時，雙方都很投契，2002年9月，他終於接替戴義安教授出任香港大學第14任校長。初履新職，他除了處理一般校內事務外，還致力發展港大成為研究遺傳基因的中心。他十分重視與大學各方面成員的溝通，多次出訪與海外校友會面，致力為港大籌募經費，經常就大學有關事宜以個人名義發電郵予師生，廣開言路，被視為是一位親切的校長。在他和其他教職員的努力下，港大逐步走出當年民調風波的陰霾。

接掌港大校長推動改革

徐校長做事態度一向認真，亦經常與不同背景、不同意見的人進行溝通，以求達成共識。「接掌港大後，發現很多應興應革之事，但推動改革永遠是吃力的，例如整頓人力架構和人事管理都不是簡單的事，我唯有逐步推動。」談到籌款方面，徐立之稱：「過去我也曾幫忙籌款，但多半是幫忙講講話而已，到了港大則是要帶隊籌款，但不是像有些人所形容的向人『乞討金錢』」。港大經費大約有20%至30%是靠校方自己籌募的，籌款不光是找上富豪的家門，或相約吃餐飯就能成事的，要想有人樂意捐款，必須要得到廣大社會的認同。他認為，大學必須要有好的計劃，有好的項目，做出成績，自然就會得到社會大眾的認同和支持。

提到當年李嘉誠捐十億港元給港大醫學院引發的命名風波，徐立之校長指出，李先生捐十億元給港大，的確是香港有史以來對一所大學最大的一筆捐贈，社會各界的正面回響亦很大。徐校長表示，西方社會通常都會認同表揚慈善家對大學的捐款，而港大師生多數都明白這個事實，所謂「風波」主要是一小部份人不同意這種做法。他強調：「大學沒有一個價目表，最重要的反而是命名能否有助提升學術成就及貢獻。」徐立之重申港大醫學院不論在研究和教學方面都非常出色，孫中山先生當年亦是在醫學院的前身香港西醫書院畢業的。在李先生捐款後，醫學院的教研資源更為充沛，其國際地位及影響更與日俱增。

接任港大校長已有九年，至於兩任十年的時間是否足夠讓徐立之發揮所長，徐校長謙稱一所大學的工作繁雜，不是一個人做得來的，校內很多同事都出了力。他說，現在的工作比起實

驗室涉及面廣泛，而且複雜得多，挑戰很大。「過去我做科研是專業且專注的事情，而校長要照顧多方面，包括改革學制、提升師資水平、質素保證及與國際接軌、大學軟硬件的增添和汰舊換新等，都需要經濟支持、需要積極籌款，這都是我每日必須面對和思考的問題，每件事都不容易，也讓我從中學到很多。」

強調「教」與「學」同等重要

徐校長說：「今年適逢港大建校百年，香港高等教育由明年開始改為四年制，港大許多老師孜孜不倦參與創新和改革，希望帶出新的學習風氣，所以許多新科目已於今年開設。至於兩任十年的時間夠不夠用，要看學校需要什麼樣的人來領導。」他坦承個人很願意有機會繼續為港大出力。他表示眼前最重要的工作是應付新的四年學制，要增建新的校舍，要改善研究設備，他強調「教」與「學」同樣重要。他感謝副校長和其他老師的配合，改革的成果已逐漸呈現。

香港沿用的高等教育體制和中國內地有很大的不同，他希望推動香港的教育與科研體制盡快與內地接軌。徐校長表示，即使兩地系統不同，但方向必須一致，不應背道而馳。港大畢業生應該成為國家的棟樑。所以他積極鼓勵港大學生到內地接受培訓，甚至由老師帶隊到內地的大學上課，例如建築系的學生到上海學習，經濟及工商管理學院和社會科學學院的學生到大陸各著名大學和社科院交流，多和大陸的社會接觸，了解中國大陸人民的生活層面和做事的規則。

由於時代的進步，今日港大的辦學方針已不同於殖民時代；全球化的結果，學生必須多實習，多領悟，自我提升，才能應付社會的轉變。徐校長指出，九七之前，香港和內地的學生很少來往，但九七之後，兩邊都開放很多，來港大就讀的大陸學生增加十倍之多，曾有學生家長質問「為什麼錄取這麼多內地學生？」事實不然，港大花費在內地學生的資源只佔規定的4%，而人數大約是每年錄取200至300人左右，佔本科生總數的10%。對每年大陸高校學生的總數多達六百餘萬人來說，港大收錄內地生人數比例上非常低，不存在搶大陸頂尖學生的問題。但徐校長不否認，他很高興內地績優學生欣賞港大的教育制度。港大所收錄的不單是

本地生、內地生，還有5-10%國際學生和每年九百多名的交換生，國際元素非常明顯，本地生與國際生之間有許多互動的機會。

港大自由風氣吸引內地質優學生

「香港大學之所以吸引內地優質學生，主要是因為港大校風強調開放自由和國際化。」徐校長自豪的說。另外一個原因是港大全部採用英語教學，而其他的大學是雙語的，這是港大的優勢，港大有很多學生交流計劃，學生語文能力強，可能第三年已經交流到外國的學校去了，到英美歐洲都可能，這也是內地學生看中港大的原因之一。在培育學生方面，港大與清華和北大都維持良好的關係，今年北大與港大還合辦了自主招生，港大與上述兩所大學還經常交流師生的學習和培訓。中國大陸將著名高校的傑出研究領域列為「國家重點實驗室」，港大亦爭取到這項榮譽，港大對於SARS、傳染病、腦認知、合成化學和肝腫瘤方面的研究，已達世界水平，許多香港的科研學者已成為中國國家最高科研機構的成員。

徐校長曾被香港市民三度評為「最佳大學校長」，對於此點，徐立之謙稱沒有什麼標準，就像有些機構將大學排名一樣，他不反對拿來參考，但無需刻意執著，以免被誤導和影響校務的發展。舉例來說，徐立之上任前，港大校務委員會曾定下世界排名前25的發展目標，現在港大被英國《泰晤士報》列為全球排位20多名以內的最佳大學。但徐立之認為：「大學的發展永無止盡，不應量化，我更看重學校為人類和社會作出了哪些實際性貢獻。」

為促成加港學術交流盡心力

港大「挖走」了徐立之，曾有人喻為加拿大「人才流失」，關於此點，徐校長將自己比喻為「橋樑」，為促進加港兩地的高校教育盡點力。他說，目前卑詩大學與港大設有兩校法學院雙學位的培訓項目，港大與美國賓州大學、英國的King's College London、北大和瑞士的大學亦都有學術交流培訓計劃，與多倫多大學的合作也在商議中，加拿大中部幾省的大學都有意與港大進行學術合作與交流，作為加拿大人，他將盡力促成。

早年如果是大學畢業生找工作應該沒什麼困難，尤其是大陸

著名高校的畢業生，但是時代不同了，大學文憑已無法保證一定能找到理想的工作。早年大學生只佔社會1%至2%的比例，屬於「精英族群」，現在滿街都是大學生，還有許多年輕人努力讀書，希望擠進名校的窄門，一旦進了名校，下一步卻迷思了，不知道怎麼走下去。徐校長勸喻年輕人要有思想上的轉變。他同時希望糾正社會各方對於一定要有文憑才能找到工作的偏見。他以香港公務員的架構為例，副學士在政府架構上竟找不到薪酬的定位，這是不合理的。

任滿之後有何打算？徐校長爽朗笑答：「聽天由命」。他坦稱對加拿大還是很嚮往，這些年擔任港大校長非常忙碌，根本沒有機會享受香港的生活，如果退休，會選擇返回加拿大生活，至於重返科研領域的機會則不大，因為從事科研必須專注和持續，這些年來擔任行政工作，中斷科研後很難與別人競爭，但如果有研究經費，亦不排除有這種可能。至於有否可能像楊振寧博士這樣到內地繼續教學，徐立之笑稱：「我沒有像物理學家楊振寧教授如此清晰的頭腦，如果去教學，可能會誤人子弟。」

徐校長有個美滿的家庭，太太與他同樣生長於香港，早年在香港教書，後在加拿大的皇家銀行工作。徐立之接任港大校長，徐太太亦返港相伴，書香傳家，長子在安省倫敦市擔任藥劑師，次子在英國已取得體育機械博士學位。

打造國際頂尖學府

去年冬天出版的港大一百周年校刊上，徐立之以校長的身份寫下了以下的一段話：「過去一個世紀，港大不負所託，與香港一起成長，隨著時代蛻變、革新，成為今天的國際頂尖學府。香港大學為中國而立，為世界而立。」

徐立之是香港中文大學畢業的，是留美的生物學博士，是移民加拿大的華裔，在人生的高峰期能受聘為港大的校長，發揮所長，正輝映了港大的傳統：「自由、開放、多元。」



在中大讀書時的徐立之(後排左三)。
Prof Tsui (back row, 3rd left) with his Chinese University of Hong Kong classmates.



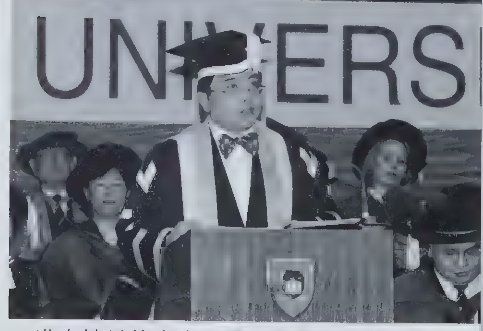
徐立之教授在實驗室進行研究工作。
Prof Tsui doing research in his laboratory.



徐立之在醫學系研討會上講話。
Prof Tsui speaking at a Faculty of Medicine seminar.



徐立之博士及夫人出席「梅豔芳四海一心慈
基金會」於1993年在多倫多舉行的籌款晚宴
該活動主要為徐立之博士在多倫多大學的囊
纖維質病變及遺傳學研究籌募經費。
Professor Lap-Chee Tsui and his wife being greeted at the Anita Mui Charity Gala in Toronto in 1993. The gala was a fundraiser for the University of Toronto's medical research on cyctic fibrosis and genetics led by Prof Tsui.



港大校長徐立之在學位頒授典禮上講話。
Vice-Chancellor Prof Lap-Chee Tsui speaking at the University of Hong Kong's congregation.



徐立之博士的全家福。
Family Portrait of Prof Lap-Chee Tsui



理溫家寶於2003年訪問香港大學，與學生、
教職員及校長徐立之會面。
Premier Wen Jiabao visiting the University of
Hong Kong in 2003. He was greeted by Vice-
Chancellor Prof Lap-Chee Tsui.



與學生一起歡慶香港大學建校100週年活動。
Celebrating the 100th Anniversary of the
University of Hong Kong with the students.



港大學於2008年第179屆學位頒授典禮上，
頒授名譽博士學位予前美國總統克林頓，
表揚他在防治愛滋病所作出的貢獻。
校長徐立之主持儀式。
rof Lap-Chee Tsui, president of the University
Hong Kong, conferred an honorary doctorate
upon former US President Bill Clinton in
2008 in recognition of his commitment to
humanitarian causes and global leadership in
HIV/AIDS research and advocacy.



徐立之博士獲獎無數，其中包括
加拿大勳章、安大略省勳章及
Canada Council's Killam Prize。
Prof Tsui received numerous prizes
including the Order of Canada,
the Order of Ontario and
Canada Council's Killam Prize.



徐立之博士與學生及同事合攝。
Taken with his colleagues in Aug 2006.



港大校長徐立之出席2011年多倫多亞裔月
教育圓桌會議，與其他與會者合攝。
Prof Lap-Chee Tsui with other participants
of the Asian Heritage Month education
roundtable 2011 in Toronto.

Professor Lap-Chee Tsui

This year, the University of Hong Kong celebrates its Centenary. One hundred years may be insignificant in the history of time, but over this last century, the university has borne witness to the tumultuous changes in Hong Kong and China. Professor Lap-Chee Tsui, who has been the Vice-Chancellor and President of the University of Hong Kong for nine years, stands on the crest of momentous changes as the university celebrates its rich heritage during its Centenary.

This year, the Chinese Canadian Legend Gala has chosen the Chinese motto of the University of Hong Kong: Mingde 明德 ("to manifest virtue") and gewu 格物 ("to investigate things") as the theme for electing its 2011 awardees. Professor Tsui is a Chinese-Canadian and an authority on Genomics. He has received numerous honours and awards over the years, including the Order of Canada (Officer), the Order of Ontario, the Killam Prize of the Canada Council for the Arts, and honorary doctoral degrees from many universities all over the world. Professor Tsui also holds the titles of Fellow of the Royal Society of Canada, Fellow of the Royal Society of London, Fellow of Academia Sinica, Foreign Associate of the National Academy of Sciences (USA), Foreign Member of the Chinese Academy of Sciences, Honorary Fellow of Royal College of Physicians (UK) and Honorary Fellow of the World Innovation Foundation. With all these honours and awards to his name, it is an honour of the Chinese Canadian Legend to have Professor Tsui as one of the award recepients.

Tsui Lap-Chee was born in Shanghai in 1950. His family moved to Hong Kong when he was 3 years old. He received his primary education in a public school located at Ngau Tau Kok Estate and his secondary education at Perth Street Government Middle School (now Homantin Government Middle School). He studied biology at New Asia College of the Chinese University of Hong Kong and was conferred a Bachelor's degree in 1972 and a Master's degree from the university in 1974. He received his PhD degree from the University of Pittsburgh in 1979. After a brief training period at the Oak Ridge National Laboratory, he joined the Department of Genetics at the Hospital for Sick Children.

Professor Tsui was Geneticist-in-Chief and Head of the Genetics and Genomic Biology Program of the Research Institute at the Hospital for Sick Children and co-founder of the Centre for Applied Genomics. Additionally, he was the holder of the H.E. Sellers Chair in Cystic Fibrosis and University Professor at the University of Toronto, and the President of the Human Genome Organization (HUGO), an international organization

of scientists involved in the Human Genome Project, from 2000 to 2002. He received international acclaim in 1989 when he identified the defective gene that causes cystic fibrosis, a major breakthrough in human genetics.

Life often takes unpredictable turns. Professor Tsui says that when he was at the Hospital for Sick Children, he was pursued by many different universities, but he always turned them down. However, when he was approached by the University of Hong Kong, he was tempted to make a change. He feels that he has always had a very serious attitude to work, and communicates well with people of different views and different backgrounds. Professor Tsui remembers that while in Canada, he often had academic exchanges with the medical and scientific researchers in Hong Kong, and he was familiar with the academic environment there. Naturally, he struck a chord with the Chair of the Vice-Chancellor search committee, Dr. Victor Fung, from the University of Hong Kong. In September 2002, he succeeded Professor Ian Davis and became the 14th Vice-Chancellor and President of the university. Aside from his administrative role, he also dedicates much of his time to developing the genomic research centre at the University of Hong Kong. He pays a lot of attention to communication, often reaching out to overseas alumni, and is also involved in many fundraising activities. He opens up communication channels by emailing teachers and students personally, and is perceived as a friendly Vice-Chancellor. Under his leadership and the hard work of his team, the university has moved past the difficult days of the 2000 Polling Incident and has since reached new heights of academic and research excellence.

Professor Tsui says, 'Since I took over as Vice-Chancellor of the university, I found quite a few areas that required changes, but both organizational structures and human resource management are very complex issues, and I had to go step by step.' Talking about fundraising, Tsui says, 'I was involved in fundraising before, but my involvement was limited to just a conversation here and there. At HKU, I have to actually lead the fundraising team, but it is not what people imagine – we do not 'beg' for funds. About 20 to 30% of the operational funds are raised by the university. Fundraising is not just about talking to the wealthy. To find donors willing to give, we have to get acceptance and recognition from the community first.' Professor Tsui feels that the university must have very good plans, a good curriculum and good results before it will get public recognition and support.

Referring to the controversy a few years ago of the naming of the Faculty

of Medicine after Dr. Li Ka Shing for his donation of one billion Hong Kong dollars to the university, Professor Tsui points out that the donation was the biggest in the university's history, and resulted in a very positive reaction from the community. Dr. Li did not ask for anything in return for the donation from his foundation, and it was a university initiative to name the medical school after him in appreciation of his generosity. Professor Tsui says that this kind of recognition for a donor in western universities is very common. Most university teachers and students would understand this, and the controversy was only caused by a few who disagreed with that approach. He stresses that there is no price tag for naming a school. It is not merely money, but the most important thing is that whether the naming of a school has a positive impact on its academic achievements and its contributions to the community. Professor Tsui says that the Faculty of Medicine at the University of Hong Kong is very well known for its research and its teaching, and even Dr. Sun Yat-Sun was a graduate of this school. Dr. Li's donation led to more teaching and research resources for the Faculty of Medicine and its international ranking and influence have continued to rise as a result.

Asked if two terms of five years each as Vice-Chancellor are enough for him to do what he aspires to do, Tsui says the work of a Vice-Chancellor is very complex and it takes many people to work together to succeed. It is more complicated and much more challenging than work in a laboratory. Scientific research is extremely focused, but as a Vice-Chancellor, he has to pay attention to a wide spectrum of issues, such as reforming the curriculum, elevating the level of teaching, quality assurance, collaborating with other international institutions, and computer system upgrading. Whatever the issue is, they all take a lot of resources, and require active fundraising. This is what he must think about and face every day. He feels he has learned a lot through this process.

As the University of Hong Kong celebrates its Centenary, the four-year curriculum is now in place for 2012. University teaching staff have been working tirelessly on the curriculum reforms, hoping to bring in a new student-centered learning experience. Professor Tsui obviously would like to have the opportunity to extend his term, but his most important priority at this time is to implement the four-year curriculum, add more school buildings, and improve research facilities. He stresses that 'teaching' and 'learning' are equally important. He is grateful to the Deputy Vice-Chancellor and all the other staff for bringing the curriculum reforms to fruition.

The higher educational system in Hong Kong is quite different from that of Mainland China. Professor Tsui hopes that through these changes, there will be better integration with the educational system and scientific research institutions in China. He feels that even if the systems are different, they must move in the same direction. Graduates from the University of Hong Kong should become the next generation of leaders, the future pillars of China. Professor Tsui actively encourages his university students to get some training in China, even having professors lead student teams to take classes in China. As an example, architecture students go to Shanghai to study, and business management and social sciences students go to well-known universities across China for academic exchanges. They need to get in touch with Chinese society so that they can understand how people in China live and work.

Today, the university's style of administration is very different from the colonial days of the past. With globalization, students need to have opportunities for internship in a real-life environment, in order to adapt to the constant changes in today's world. Professor Tsui points out that before 1997, there was very little academic exchange between Mainland China and Hong Kong. But after 1997, both China and Hong Kong have opened up their academic gates. Students from the Mainland studying at the University of Hong Kong have increased tenfold since then.

'We have been questioned by parents as to why we take in so many students from Mainland China. In truth, the university only allocates a regulated 4% of resources to students from China, accepting about 200 to 300 students each year, less than 10% of local students, a very low ratio when one considers that there are over six million high school graduates in China each year. So the problem of skimming the cream off the top of the students from China does not really exist.' But Professor Tsui does not deny that he is happy that many students from China like the educational system at HKU. However, the university admits not only local students and students from China, but about 5 to 10% of its students are also international students, with another 900 exchange students enrolling each year. This student mix is beneficial to both local and foreign students.

'The University of Hong Kong is particularly attractive to the top students from China in that the university has a tradition in liberal thinking and also because of its international outreach', Professor Tsui says proudly. 'Additionally, all subjects are taught only in English, while other universities teach in both languages. This is an advantage the University of Hong Kong has over other institutions, as the language competency

of the students is very strong, making academic exchanges much easier. It is possible that by the third year of university, a student can go on academic exchange to a foreign university in England, the United States or Europe.' HKU has also developed very good relationships with Tsing Hua University and Beijing University.

The University of Hong Kong has four 'State Key Laboratories' – an honour granted to only the top universities in China – which conducts leading-edge research in SARS, contagious diseases, brain diseases, chemical synthesis and liver cancer. Many scientific researchers at the university are also staff at the top scientific research organizations in China.

Although Professor Tsui was voted 'the best university Vice-Chancellor' three times, he says he did not want to put much store by this. As with university rankings, there are no judging standards and while one can use it as a reference, one does not want to rely on it, as it might be misleading. Before Professor Tsui took up the post, the University's Council set a goal to be among the top 25 universities in the world. Currently, the British newspaper, the Times Higher Education (THE), lists the University of Hong Kong as the 21st top university in the world. Despite achieving this goal, Professor Tsui says that the development of a university is never finished, and one cannot quantify success by rankings. He feels the university's contributions to humanity and to society are far more important than any rankings.

The recruitment of Professor Tsui to the University of Hong Kong has been a brain drain from Canada. Professor Tsui says he is like a bridge, promoting academic exchanges between the two countries. Currently the University of British Columbia and the University of Hong Kong have a double law degree program. The University of Hong Kong also has academic exchanges with Pennsylvania State University, King's College London in the UK, Beijing University, and a Swiss university. There are also ongoing discussions with the University of Toronto and universities in mid-western Canada. As a Canadian, he is going to promote more academic exchanges between the University of Hong Kong and Canadian universities.

A few years ago, there was not much difficulty for a university graduate to find a job, especially for graduates from Tier 1 universities in China, but things are different now, and a university degree no longer guarantees a good job. University graduates used to account for only 1% to 2% of the population and were viewed as the elite, but now university graduates are everywhere. Some young people study hard to enrol at a well-known

institution, but once they get in, they feel lost. Professor Tsui advises young people to change their way of thinking, and to recognise that being a university graduate does not mean that getting a job is a certainty. On the other hand, he hopes to change the prejudiced thinking in society that a university degree is necessary for every job. For example, it is not reasonable that someone with an associate's degree cannot get into the civil service in Hong Kong.

What are the Vice-Chancellor's plans after he finishes his second term? Professor Tsui replies with a hearty laugh, 'I will leave that to fate!' He frankly says that he likes Canada very much. These years, he has been very busy with his work as a university president, and has not really had a chance to enjoy his life in Hong Kong. If he retires, he will choose to return to live in Canada. The chances are low that he would return to research work, since research must be focused and continuous. Having been an administrator for so many years would make it difficult for him to compete with others for a research position. However, if a research grant is available, he would not eliminate that possibility. As to whether it is plausible for him to teach at a university in Mainland China like Professor Yang Chen Ning, Professor Tsui smiles and says, 'I don't have the same clarity of mind as physicist Professor Yang, and I might make a poor teacher.'

Vice-Chancellor Tsui has a lovely family. His wife, like him, grew up in Hong Kong and worked in the Royal Bank of Canada. She accompanied him back to Hong Kong in 2002. They have two sons, with the older being a pharmacist in London, Ontario, and the younger one just awarded a PhD in sports mechanics in England.

In the 2010 Convocation Newsletter issued last winter, the Vice-Chancellor wrote: 'For the past century, the University has lived up to its promise, growing with Hong Kong and intertwined with its destiny, as it re-defines its position on the global landscape of education. The University of Hong Kong was to be for China and the World' Vice-Chancellor Professor Tsui, a graduate of the Chinese University of Hong Kong, obtained his PhD in the United States, became a Canadian citizen, and is now the Vice-Chancellor and President of the University of Hong Kong. He is an embodiment of the values of the University of Hong Kong: freedom, liberty, diversity.



楊龍寶娟
Ms. Judy Yeung

超越種族的大愛
楊龍寶娟贏得敬重

36年前一位來自香港九龍石硤尾的小女子，負笈萬里隻身來到加拿大求學，一生謹記父母生前留給她「助人不望回報」的教誨，受益良多，在主流的貝爾(Bell Call Center)電話公司工作了17年，擔任銷售部門多名經理之一，職位雖然不高，但她贏得上至總裁兼CEO，下至僚屬同仁的敬重，對於一名華人移民來說，這種精神上的回報，比金錢和物質的贈予更難能可貴。

母親告誡：莫忘本　走正路

龍寶娟(Judy Yeung)1955年出生在香港石硤尾，有六個兄弟姐妹，她排行第二，「父親在當地以替富人清理汽車為業，收入不豐，但他非常兢業，清晨三點鐘天沒亮就出門開工，風雨無阻，在我的印象中，父親從來沒請過病假。」母親在家打理家務和帶孩子，物質生活艱苦，但一家人安貧樂道。父親最早以港幣一千元的代價買了一間石屋「安家」，1965年全家遷往慈雲山徙置區，入住政府為窮人興建的公共房屋。對於小時候經歷過苦難的人來說，童年往事往往是刻骨銘心，難以忘懷的。龍寶娟的母親因小時候家境貧困送給別人家為養女，但她嫁人自己有了家庭之後，卻時時不忘生娘家，自己省吃儉用，經常打包往番禺鄉下娘家寄些像驅風油、八卦丹、衣物之類的東西。母親不識字，需要識字的女兒龍寶娟在包裹上填寫郵寄的地址，有一回龍寶娟問母親：「既然娘家把妳送給別人做養女，妳為什麼還要往娘家寄東西，惦記著娘家？」她清楚的記得母親告訴她：「人不能忘本，要飲水思源，當初娘家把我送給別人做養女，是因為家裡負擔重，養不起這麼多孩子。」

「母親從來都不捨得為自己花費一分錢，但是她卻捨得慷慨大方去幫助有需要的人。曾經有一次陪母親上墳掃墓，我在墳場四週又蹦又跳，母親告誡我必須走正路，不要忽左忽右走偏道，

我當時不懂這句話的含意，多年後才明白不識字的母親告誡我的苦心。」

「我是1975年以簽證學生的身份來多倫多讀書的，當時家裡環境不好，但是姑媽建議父親應該送一個孩子到加拿大讀書，我上頭有位兄長，但是當時他已經出來工作，而我剛讀完大學預科第一年，在九龍協同中學英文部的學習成績也不錯，家人商量後決定讓我出國，湊足了機票和第一個學期的學費，隻身踏上征途，我迄今仍非常感謝當時已移民多倫多的表姊江麗珠及表姐夫林偉忠，由於他們的支持及鼓勵，我踏出了第一步，我和我的家人才有機會移民加拿大，改變一生的命運。」

貴人相助順利讀完大學

「來到陌生的多倫多，由於公立中學不收簽證學生，我找到Toronto Matriculation College 入讀13班，這是一所私立學校，一年後申請入讀多倫多大學士嘉堡分校。」初來乍到，人生地不熟，註了冊之後身上沒剩下幾個錢。「我曾經在華人經營的餐館打過3天工，但是政府嚴格規定簽證學生不能打工，每見到警察來餐廳吃飯，我總是心驚膽跳，擔心被查獲，擔心連累東主。這可能是福報吧，我這一生之中碰到許多貴人相助，不久認識了一位住在Forest Hill的猶太人律師，他聘請我做他家的Babysitter，地點離我讀書的多大士嘉堡校區雖然頗遠，但對我而言，是個難得的機會，後來再經人介紹認識多大醫學院著名的教授Dr. Charles Hollenberg，Hollenberg對我隻身來加求學的毅力相當佩服，當即請我住到家裡擔任輕鬆的管家工作。」由於Hollenberg在學術界的地位崇高，被稱為多大醫學院的「教父」，家裡經常宴請朋友，龍寶娟負責準備酒水食物招呼賓客，事後Hollenberg都會付給她額外的工資，既不勞累，亦不擔心會被移民部的人員查緝，就這樣安安穩穩的讀完大學。

1977年對她而言是個人生的轉折，這一年她透過Hollenberg認識了一個商場上非常活躍的猶太人家族Slaters，Mrs. Elaine Slater與

她相當投緣，邀她參與當時一個專門協助大多倫多地區越南難民安置的組織「行動生命線」- Operation Life Line擔任義工和中文翻譯，因而認識了華社的知名人物王裕佳醫生。「因緣際會，我後來參與許多重大的社區活動，除了越南船民的安置計劃以外，我參與了抗議W5電視節目歧見華生入讀多大醫學院的行動、爭取平反人頭稅、為搶救小麗莎找尋合適骨髓、為籌建頤康籌款、史維會抗議日本篡改二戰史實等。我從不忘本，但是當我從新聞報導上獲悉有人因為自然的災害、悲劇或醫藥罔效而喪失一切，甚至喪失生命時，不論對方是什麼族裔，我的心立刻就飛到他們的身邊。

加入貝爾公司做華人銷售

過去電話公司是獨門生意，沒有競爭，自從開放民營企業競爭以後，加拿大貝爾（Bell Canada）電話公司不再獨佔市場，電話公司的競爭越來越激烈。「我是1994年加入加拿大貝爾（Bell Canada）電話公司的，自從開放電話市場之後，公司發覺華人市場對電話和手機的需求量相當大，在業務競爭上，我是公司華人市場成績最好的銷售員，我是貝爾電話公司聘用的第一位華人銷售市場的經理（Call Centre Manager），17年來一直是在銷售部門任職。」

她回憶最令人難忘的是，2005年初為南亞大地震引發海嘯造成數十萬人傷亡的電話籌款，當時透過王裕佳醫生等人在電台的呼籲，貝爾電話中心（Bell Toronto Call Centre）預定1月8日和9日分成兩天，舉行長達20小時的電話馬拉松籌款，透過大氣電波徵求義工，在預定的時限內，沒想到大門口竟湧現逾千人應徵義工的盛況，令主辦單位和電話公司大吃一驚，慶幸的是為期兩天的電話籌款頗為順利，沒有出現任何意外，這項包含39個不同族裔的電話籌款行動，一共籌到了加幣630,000萬元，加上聯邦政府的配對捐款，共籌得1,260,000元，悉交加拿大紅十字會及有關慈善機構轉贈災區，這項籌款讓她的頂頭上司和公司其他同事看到了

龍寶娟做事的能力。BCE的首席執行長（CEO）Michael　Sabia對她兢業的精神十分讚賞，曾在公司高層主管的會議上，以她慷慨助人，敬業樂群的故事為例，與大家一起分享。

龍寶娟亦參與2003年防治非典肺炎-SARS，救助2008年四川大地震、華東、華南水災、救助2010年海地震災、巴基斯坦水災、以及較早前日本大地震和海嘯等慈善活動。在各種電話慈善籌款活動中，每年三月間的「加港星輝耀頤康」最具歷史性，從2003年開始，明年三月即將邁進10週年。

龍寶娟家住密西沙加，13年前就成為「密西沙加華人專商協會」的一員，是現任的副會長，對於該會每年舉辦的「鳳宴」、「中華藝萃耀密城」及「健而樂」健康展覽都鼎力支持，鳳宴過去曾為頤康、祈德醫院、延齡草健康中心籌款，老市長麥加蓮對該會讚賞有加。

埋頭苦幹　不計較名利

以龍寶娟做事的認真和為公司帶來的聲譽，或許有人認為她應該升任更高的職位，也有人認為，吃苦耐勞、埋頭苦幹，這些東方崇尚的優秀品質在西方卻是少數族裔致命的弱點，成了進取的絆腳石。這一點，時常有人認為應體現在職場往管理層上爬的經歷，但龍寶娟認為，職場上最重要的是工作勝任愉快，與同事相處融洽。她說：「我對於目前的職責很滿意，不會刻意追逐名利。」大學畢業進入職場後，優秀亞裔儘管很多進入大公司，收入不菲，但是能夠達到高層管理的寥寥無幾。若按照這些亞裔在其領域的百分比和能力，這被認為是不公平的，對許多優秀亞裔來說，這被認為是一層難以逾越的「竹屋頂」-Bamboo　Ceiling。對於這種世俗的看法，她不以為然。她從不曾有過被歧視的感覺，做人處事都心安理得。她永遠記得父母生前的教誨：「記得別人對我的好，忘記別人對我的不好。」

她雖然是一名女流，但是在啟動公司電話系統為慈善籌款的義工行列中，她永遠是走在前端，是一名女強人，她不會因害羞

怕醜膽小而躲在背後，更不會斤斤計較工作量的多與少，雖然星期六還要上班，但她很清楚Call Center必須有人輪更，沒有埋怨公司的輪更制度。筆者訪談的兩個多小時中，龍寶娟臉上總是洋溢著樂善助人的親切笑容，難怪有人封給她「包搞掂」的外號。當她憶及1975年籌錢讓她來加拿大讀書、現已去世的雙親；講到曾經幫助過她的貴人；講到永遠在背後支持她做善事的工程師丈夫；講到兩個女兒一直以她為楷模，龍寶娟都哽咽得說不出話來。

公司最高層撰函讚賞她

正因為她這種無私的態度，公司的高層很欣賞她，當得知龍寶娟獲得提名為今年「紅楓傳奇」人物的候選人時，Bell Media Inc.的總裁兼首席執行長Kevin W. Crull二話不說，親自打了一封介紹Judy Yeung的信給「華商網絡」，特別提到她曾被評為公司最有價值的員工，總分高達96%，是歷來得分最高者。她曾於2005年Bell公司成立125年獲頒Bell英雄獎。介紹信特別讚揚她多年來對社區多個慈善組織無私的奉獻；她曾幫助遭遇不幸的同事，使他們渡過難關；每當有需要的時候，她會盡快把手下的銷售團隊轉變為高效率的義工組織，發揮最大的功能去幫助有需要的人。通常一個大企業的最高領導人不會輕易替屬下寫介紹信，Judy Yeung有此榮幸，完全是她長年積累的努力，贏得上司對她的肯定。

當年石硤尾的小龍女，經過多年的努力和奮鬥，建立了幸福美滿的家庭，她對自己的工作非常有成就感。丈夫楊華匡是當年她來多倫多讀13班的同學，如今是一位電機工程師，兩個女兒楊鏐墀（Ginni Yeung）和楊煒墀（Naomi Yeung）均已大學畢業，她的家人包括兄弟姐妹亦早於80年代末移民多倫多，在加拿大這片樂土上落地生根，開枝散葉。



家庭照攝於1966年，Judy 在六兄弟姊妹中排行第二
Family portrait taken in 1966, Judy is the second child of 6 children.



Judy 和表姐林江麗珠(中)及表姐夫林偉忠(右二), Lawrence（右一)及Chara(左)於1979年多倫多大學Judy畢業典禮
Judy's cousin, Lai-Chu Lam (middle) and her husband, Wai-Chung Lam (2nd right), Lawrence (right) and Chara Wong (left) at Judy's graduation at University of Toronto in 1979.

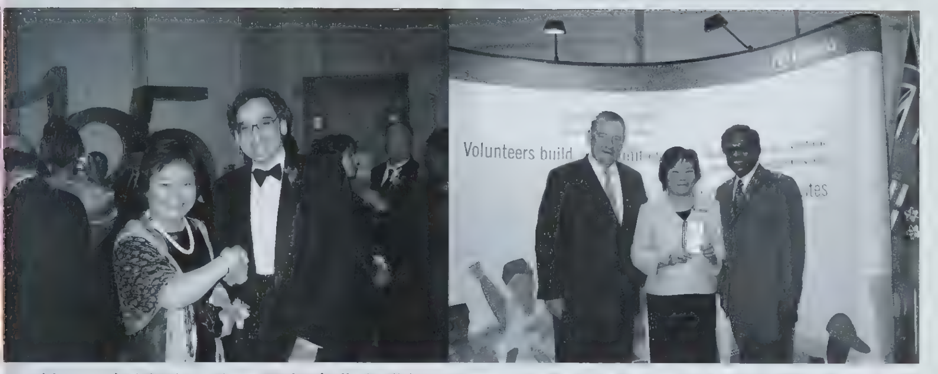


家庭照: Judy 與丈夫Lawrence, 女兒 Ginni Naomi及愛犬Rambo
Recent Family portrait: Judy, her husband, Lawrence, their two daughters, Ginni & Naom and their dog, Rambo.



Judy 與Charles Hollenberg醫生,太太Mimi 及他們的孫兒,Adam
Judy with Dr. Charles Hollenberg, Mrs. Mimi Hollenberg and their grandson, Adam.

Judy及義工們在“加拿大多元文化一海地地震”馬拉松電話籌款活動
In 2010, Judy and a team of volunteers at the Multicultural Canada for Haiti Telethon.



udy於2005年貝爾公司125週年慶典上獲得
了貝爾英雄獎，右側是貝爾公司前任CEO,
Michael Sabia, 稱讚Judy為貝爾傑出員工
n 2005, Bell's 125th Anniversary Celebration;
rmer CEO of Bell Canada Enterprise, Michael
Sabia congratulated Judy for winning the
Bell Hero Award.

Judy獲得安大略省十年義工服務獎，左側
為前MPP of Scarborough-Agincourt, Gerry
Phillips右側為MPP of Scarborough Rouge-
River, Bas Balkissoon
Judy received Ontario Volunteer Service Award
for 10 years of service, (left) Gerry Phillips,
former MPP of Scarborough-Agincourt and
(right) Bas Balkissoon, MPP of
Scarborough Rouge-River.



Judy與黃嘉勝（左二), 為2009年鳳宴共同
主席，與密市麥巧蓮市長（中），黃家海
醫生（右一）和密西沙加華人專商業協會
主席蔣羅婉笙（左一）攝於2009年鳳宴
Judy and Albert Wong co-chaired Phoenix
Ball 2009, with Mississauga Mayor Hazel
McCallion, Dr. Joseph K. Wong and CPB's
Chair, Audrey Chiang.



Judy 為 2010年多倫多史維會籌款晚宴共同主席，與創辦人暨主席
王裕佳醫生，董事們，嘉賓及義工們合照。
Judy Co-Chaired the 2010 Toronto ALPHA Fundraising Dinner, taken Founder and
Chair, Dr. Joseph Y.K. Wong, the board of directors, guests and volunteers.

Ms. Judy Yeung

Thirty-six years ago, a young girl came from Hong Kong to study in Canada as a visa student carrying a message from her parents, "Don't expect anything in return when you help others." Since 1994, she has been working at Bell Canada for more than seventeen years, and is currently a sales manager at their Toronto call centre. Although her position as a manager is not the highest, she has won widespread respect throughout Bell, from its President and Chief Executive Officer to her peers and staff. For a Chinese immigrant, this is far more important and more precious than any money or possessions that she could get in return for her good work.

Judy Yeung was born in 1955 in Shek Kip Mei, Hong Kong, the second child in a family of six siblings. From humble beginnings, Judy credited her father for providing her with a strong work ethic. "My father made a living cleaning cars for rich people. He did not make a lot of money, but was very respectful of his work. Every morning at 3 a.m., no matter how bad the weather was, he would leave home to start his job. My impression was that my father never took a day off sick in his entire life." Judy's mother was a homemaker. Although their life was difficult, the family was happy. Her father had bought a little stone house with HK$1000 a long time ago, and in 1965, the family resettled at Tsz Wan Shan, a government housing complex.

For those who have been raised in poverty under difficult circumstances, their childhood is often ingrained in their consciousness. At an early age, Judy's mother taught her the importance of family and the need to have a generous spirit. Judy's mother was given up for adoption when she was very young because her family could not afford to keep her. But after she had her own family, she did not forget her parents, and often sent packages of medicine and clothing to her birth family. Judy's mother was illiterate as she never had the luxury of attending school, and Judy was the one who wrote the mailing address of her mother's

family on the parcels. One time, Judy asked her mother why she would send packages to her family when they gave her away. She remembers clearly what her mother said, "One should never forget one's roots." Her mother added that when she was given away for adoption, it was only because her birth family could not support all the children in the family. Judy's mother never wanted to spend a penny on herself, but was very generous in helping those in need. She also stressed to Judy the importance of integrity and perseverance. Once, when Judy went with her mother to the cemetery to pay respect to her ancestors, she was running around, walking to the right and to the left. Her mother stopped her and preached to her that she must always walk straight and in the middle of the road. At that time Judy did not understand the meaning of those words, and only many years later, did she realize that her mother, who did not know how to read or write, was trying to give her a very important message: "One should not take sides; be a fair person and do not compromise one's integrity."

Judy came to Toronto on a student visa in 1975. "At that time, despite our poor circumstances, my aunt suggested to my father that one child should be sent overseas to study. Since my older brother was working already, and since I, with one more year of high school left, could enter an overseas university on my good grades, my family decided that I should be the one to go abroad. My father borrowed just enough money for my plane ticket and tuition fees for the first school term. To this day, I am still very thankful to my cousin, Lai-Chu Lam and her husband Wai-Chung Lam, who had already moved to Toronto, for their support and their encouragement. Because of their help, I made the first step, and my family and I had the opportunity to emigrate to Canada where our lives were changed for the better forever." After arriving in Toronto, and since public high schools did not take visa students, Judy enrolled in Grade 13 at the Toronto Matriculation College, a private school. This proved to be fortunate for Judy since she met her future husband, Lawrence, at this school. A year later, she was admitted to the University of Toronto.

It was at this time that Judy experienced financial issues in Canada, knowing only a few people, and not having much money left after registering for courses. "I worked in a chinese restaurant for three days, but it was illegal for visa students to work. Every time when I saw policemen in the restaurant having their meals, I was scared and worried that I would be arrested, or worse, getting the owner into troble with the law." Throughout her life, Judy has been blessed to come across 'angels' who have helped her along the way. Soon afterwards she met a Jewish-Canadian lawyer living in Forest Hill who hired her to be a babysitter for his children. Although the house was quite far away from the U of T Scarborough Campus, it was too valuable an opportunity not to be taken. Later she was introduced to Dr. and Mrs. Charles Hollenberg. Dr. Hollenberg was a Professor of Medicine at the University of Toronto. He was impressed by Judy's perseverance and immediately hired her to be his housekeeper. Since Dr. Hollenberg was a prominent academic, he often had friends over for dinner, and Judy assisted them with hosting parties. Afterwards, Mrs. Hollenberg always paid her extra wages. The work was not difficult, and Judy no longer had to worry about being caught by the immigration authorities. She also did babysiting in the Forest Hill neighbourhood. With housekeeping and babysitting income, Judy was able to complete her university studies without burdening her parents.

In 1977, another turning point came in her life. That year, Judy met the Slater family through Dr. and Mrs. Hollenberg. Mrs. Elaine Slater was very impressed with Judy's courage and her passion to help people; she invited her to participate in Operation Life Line – an organization which helped Vietnamese refugees to settle in the GTA area – as a volunteer and translator. Through that work, she met Dr. Joseph Yu-Kai. Wong, with whom she would be working on many worthwhile charitable and community projects for many decades to come. "With Dr. Wong, I was able to participate in many important community activities. Aside from the Vietnamese refugee settlement work, I participated in the W5 protests of discrimination against Chinese-

Canadians, the Chinese head tax reparations project, the bone marrow registry for Elizabeth Lue, The Toronto ALPHA work and of course, fundraising for the Yee Hong Centre for Geriatric Care. Although I never forget my Chinese roots, when I hear about disasters in other areas of the world, my heart goes to them regardless of our differences in culture or origin."

In December 2004, hundreds of thousands died in the Tsunami in South-East Asia and Judy merged her professional life with that of her community work. At that time Dr. Wong made an appeal for donations on the radio. Judy convinced the executives at Bell to let her use the call centre facilities for the Tsunami Fundraising Telethon, and on January 8th and 9th, 2005, she spearheaded a 20 -hour fundraising marathon telethon. "We asked for volunteers but could not imagine that over one thousand people would show up at the door to volunteer over the two days. Even Bell was taken aback." The fundraising marathon, which was a group effort of 39 organizations, was a huge success. The project raised $630,000 in total. Together with the matching funds from the federal government, $1.26 million was donated to the Red Cross and Oxfam for their recovery work. Through this fundraising project, Judy's superiors and her peers were able to recognize her capability, and Bell's CEO at that time, Michael Sabia, was so impressed that he shared her story of generosity with others at a Townhall meeting of senior executives and stock holders. Judy's story was posted on the Bellnet and was accessible to over 45,000 employees.

Judy also participated in fundraising for the SARS outbreak in 2003, the Szechuen earthquake in 2008, the Southeast China flooding, the Haiti earthquake in 2010, the flooding in Pakistan, and most recently, the Japan earthquake and tsunami. Of all the telethons that Judy has organized, the annual Yee Hong All Star Telethon is the most historical. The tradition began in March 2003 and will enter its 10th year in March 2012.

Judy is currently a Director and one of the Fundraising Co-Chairs of Toronto ALPHA(Association for Learning and Preserving the History of WWII in Asia). She is also the Executive Vice-Chair of the Mississauga Board of Chinese Professional and Businesses (CPB), and has been a director for over 12 years. Through the years with Judy's involvement, CPB has raised over $1 million for charities in Mississauga, and received numerous praises from Mayor Hazel McCallion. It is no surprise that with all of her volunteerism, Judy's nickname is "Can Do".

Judy's success in community work is mirrored in her professional life. Since deregulation, Bell Canada no longer has a monopoly in the telecommunications industry, and there is fierce open competition. "I joined Bell Canada in 1994. Since the market opened up, Bell has found that there is a strong demand for cell phones in the Chinese-Canadian market, where I was one of the best-performing salespeople in the company. I was also one of the first Chinese-Canadian managers, having been in the sales area for the last 17 years."

Judy thinks that the most important aspect for professional success is to enjoy one's job, and to get along with one's peers. She also disagrees that there is an invisible 'Bamboo Ceiling' preventing Asian-Canadians from advancement. In Judy's experience, she has never been discriminated against, and she is very comfortable with her superiors, peers and her team members. She recites her parents' teaching, "Always remember when others treat you well. Forget when others treat you badly."

Bell's executives are also very impressed by her attitude. When Judy was nominated for this year's Chinese Canadian Legend Award, the President and CEO of Bell Media Inc, Kevin W. Crull, wrote a letter of recommendation to the Asian Business Network Association. He mentioned specifically that Bell had named Judy a most valued employee with a score of 96%. The letter also praised her work with

the many charity organizations, and that she had often helped her colleagues who ran into difficulties. It is not often that a CEO of a major organization would write a letter of recommendation for one of his managers, but then again Judy is not your usual manager.

The young girl from Hong Kong, after many years of struggle and hard work, has now built a happy family with her husband Lawrence, an electrical engineer, who is extremely supportive of her volunteer work. Their beautiful daughters, Ginni and Naomi, are both university graduates who treat their mother as their role model.

Judy was inspired by her father who was the head coach of his community's soccer team. At the young age of 13, she joined the Girl Guide team at school. The Yeung family of four as well as Judy's friends and colleagues often work as a team at community and fundraising initiatives. To Lawrence, Ginni and Naomi, volunteer work is a family affair. To everyone Judy comes in contact with, she is a strong leader who has a unique ability to mobilize and inspire people to volunteer for any good cause. They are touched by her passion in wanting to give back and to make a difference to humanity.

Judy helped her entire family emigrate to Toronto in the early 1980s, and her siblings are now leading productive and prosperous lives in Canada. This is one immigrant story with a happy ending!



i 世代的清流

蕭顯揚

籌委會榮譽顧問
(2009年「紅楓傳奇」人物)

又是層林盡染秋楓紅的時候，看到這裡遍野的嫣紅，不期然想起了香山紅葉，是否依然？無論身在何處，楓紅裡總有我們的夢，我們的鴻爪，我們的傳奇。

生活在這個「*i-phone*」「*i-pad*」的「*internet*」 世代，每令我們對時代的挑戰渾然不覺，更何況是秋日短暫的璀璨，繾綣的秋韻。在電子化下，人與人的關係變得疏離、淡薄。關起門來，就只見到一個失落的「我」，一個永遠大寫的「I」（我）。在虛擬世界裡找尋虛幻的滿足，脱離了那由無數的「I」所組成的群體，忽略了我們應該對群體付上的責任。科技奇才Steve Jobs遺留下「求知若飢，虛心若愚」的名言，他改變了人類的生活模式，但他改變不了人們的命運。

對生命的漠然，使兩歲的小悦悦在被貨車輾過後失救，無語問蒼天。面臨世界經濟全面萎縮，九十九族群好像是突然驚醒，在他們「佔領」的怒吼中引伸出很多無法解答的疑惑。

「全人」教育失敗，「後現代」文化失調，在豐盛的物質生活中，疲倦的軀殼拖着貧乏心靈。我們的壽命延長了，但卻好像是生活在死亡當中。「豈有豪情似舊時，花開花落兩由之」，怎樣才能找到生存的意義呢？

華夏民族有強韌的生命力與兼容性，經得起千變萬劫。「紅楓傳奇」要表揚的就是這份精髓。在過去十二年來，「紅楓傳奇」給了我們七十九個「人性化」的勵志故事，使我們明白生命中的超越、永恆的價值，讓我們從自我膨脹中解放出來。今年的「明德格物締傳奇」勉勵大家分辨是非，尋求真理。往年的「賦生命予意義，憑愛心締傳奇」、「點燃希望締傳奇」、「乘風破浪覓理想，情繫楓橋締傳奇」等，都給了我們不同程度的啟發。

秋紅短暫，但每種秋色都蘊含著大自然與人類的情感。紅楓片片，仿似蝴蝶翩翩，「願將丹心化彩墨，遍染秋山炫目紅」，讓我們攜手努力，以紅楓赤子之心，為i世代濁世注入一股清流。



十年樹木，百年樹「人」

今年「紅楓傳奇」的週年大會，適值辛亥革命百週年，古云：「一年之計，莫如樹穀；十年之計，莫如樹木；終身之計，莫如樹人」。在過往一個世紀之中，辛亥革命將全中國人民的命運及生活改寫！

「人」是世界上最重要及寶貴的資源，而「紅楓傳奇」就是寫「人」拼搏而成功的故事。要在人地生疏的異鄉國土，出人頭地；除了靠點「運氣」之外，相信「勇氣」是成功的主要因素。十二屆「紅楓傳奇」，頒發近百個獎項，所有得獎者都有一個共通點：就是大家都以加拿大為家，一心一意在這片神聖的國土上「咬緊牙筋，落地生根」。就是這一股「移民的勇氣」，造就了一個一個動人的成功故事。

正謂「不經一番寒徹骨，焉得梅花撲鼻香」，今晚「紅楓傳奇」仿如一座旋轉舞台，將成功人的「後台」展示於大家目前…………，讓大家一睹成功背後他們堅毅不屈，努力奮鬥的拉闊現場。

今晚雖然得獎的嘉賓只有六位，可是您們每一位在我們的心目中，都是一個不可以少的「人」；大家在祝賀得獎者之際，不要忘記我們都是一同有份參與締造「紅楓」的「傳奇」，祝願大家有個愉快及別具意義的晚上。

周鑒
創會會長，編輯
書於香港鑒廷草堂

2011辛卯年10月10日

A Centennial Legend

The Chinese Canadian Legend this year, remarks the commemoration of the Centennial Anniversary of Revolution 1911. It is an old Chinese saying that, "It takes ten years to grow trees, but a hundred years to educate people". During the last century, the Revolution has thoroughly changed the destiny and the lives of Chinese people.

"People" are the most important and treasured assets, and the Chinese Canadian Legend is all about the real stories of "people" striving for success. To succeed as new immigrants, "people" need to have some "luck" while "courage" is the key. During last 12 years, close to a hundred Awards we have presented so far, all recipients share one common characteristic: They all treat and love the holy land of Canada as their "homeland". Everyone tried their very best no matter how difficult it was and they never, never gave up! The Chinese Canadian Legend is all about the "Immigrant Courage", which give rises to the touching and inspiring stories one after another and it continues..........

The Chinese Canadian Legend tonight is like a platform revolving the backstage to show us all how hard these "succeeded" (successful) people have worked "behind" the scenes.

While six Awards Recipient are our notable attractions tonight, each and every one of you is also very important as it is your participation which makes this event a success and afterall, we are all a part of this "Legend".

I wish you all have a very enjoyable and special evening tonight!

Kim Chau
Founding President, Editor
October 10, 2011 Hong Kong

訪問後記

古偉凱

轉眼我擔任「紅楓傳奇」人物專訪已進入第五年了，從2007年起，我一共訪問了卅位獲選者。訪談是一件既愉快、又沉重的工作，愉快的是我可以從這些獲獎者的經歷中，得到不少的啟示；沉重的是，我必須將他（她)們成功的故事寫出來，而這些人經歷多年的奮鬥，其辛酸苦澀的過程，絕不是兩、三千字就能完整描述出來的。有限的篇幅，拙樸的文筆，短暫的訪談，往往讓我在電腦鍵盤前敲打書寫時，感到「意猶未盡」。

每年選出的傳奇人物中，不乏醫生、教授、律師、科學家之類的人物，他（她）們鑽營的領域非常專精，想想看，一個人窮畢生之力去研究某種物質或理論，哪裡是外行的傳媒人用幾段文字就能解釋清楚的。面對這些專家學者，我只有事先盡量從網上和書報雜誌上蒐集有關他(她)們的資料，在訪談前設定一些可能談到的問題，帶上錄音機，做好應有的準備，但是一旦談及專門的領域，我就覺得生疏無奈了。但我還是必須用淺顯的字句盡量把對方的意思表達出來，讓讀者明白內容。我感謝受訪都對我的包容和體諒，讓我能完成「華商網絡」交給我的任務。

「紅楓傳奇」人物選拔今年已踏入第12年，我連續訪寫了5年，我目睹這項活動的水平一年比一年提升，評審一年比一年艱辛，坦白說，水平的提升和評審的困難，本身就是一種自我期許和進步，如果是馬虎敷衍，何必如此辛苦。華社選拔各種人才的活動所在多有，好求名利的人亦很多，某項活動選出來的得獎者是否名實相副，見仁見智。社區裡有許多人是默默耕耘，不求聞達的，即使被發掘了，仍然非常低調，避開鎂光燈，不想見傳

媒。經過有心人苦口婆心的勸諭，才願意把個人奮鬥的經歷與別人分享。

也許有讀者會問，為甚麼有些人已經那麼有名氣了，還願意接受紅楓傳奇的提名，而且願意接受這項榮譽。説實在的，這是華商網絡和紅楓傳奇的榮幸，這些名人以他(她)們的成就，增添了華商網絡和紅楓傳奇的光采。從另一角度來看，如果華商網絡和紅楓傳奇形象不佳的話，即使是錦上添花，他（她）們也不會願意接受這個獎項的。

12年的時間，就一個人的成長而言，只算是小學畢業，想要繼續茁壯，往後的路途還很長遠，過去五年作為訪者和撰寫者，我備感榮幸，謹祝福華商網絡同仁百尺竿頭，繼續努力，為華社尋覓出更多的楷模典範。

細味紅楓

何湯淑芬
紅楓傳奇編輯

楓葉可算是加拿大的特產，隨處可見。

它的美在於色澤的轉變，由綠轉紅，由紅轉黃。天氣的變化尤其影響它的轉變。彷彿造物主在向我們說話，不經一番風雨，又怎會變得如此出眾呢？

紅楓傳奇就如一本正能量的警世書籍，記載了許多華裔在加國的奮鬥史，風光背後包藏著多少的辛酸血淚，逆境自強，堅守信念，最終都能達到自己的理想。

紅楓傳奇人物亦各有成功，各有氣質，要將它描繪出來，就很考作者的功力，正所謂「英雄莫問出處」，要將微時的經歷寫出來，既要得體，亦要顧及被寫者的側重，又要兼顧閱讀者的求知，因此很佩服古偉凱古老總的文筆，亦很欣賞被訪者的坦誠分享。

華商網絡協會亦好比一棵楓樹，有葉、有幹、有根，缺一不可。各成員同心同德，每年都為著做善事，舉辦紅楓傳奇人物選舉盡一分力，都希望為社會多添一分正能量。

回想從籌備選舉到今天的頒獎，都是靠著各人的群策群力，現在就讓我們一齊來分享成果，一起來向紅楓傳奇人物學習，取長補短，邁向更豐盛的人生。

封面設計 Cover Designer

黃靖雯 Mina Wong

Mina Wong has been passionate about art and design since she was little. Her professional career in marketing and advertising field extends her creativity into different media including print, radio and TV. For the past few years, Mina had the great privilege to contribute to her community through designing the ABNA Chinese Canadian Legend gala ticket and book cover design.



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and Richard Chang

表演嘉賓 FEATURE PERFORMER



Chen Lin, *Soprano Vocalist*
陳琳
抒情花腔女高音歌唱家

畢業於四川音樂學院聲樂系，主攻民族唱法。後進入中國音樂學院主攻美聲唱法，原雲南省歌劇舞劇院獨唱演員。先師從著名歌唱家、聲樂教育家金鐵林，王秉鋭，劉亞琴等大師。

曾主演民族歌劇《青魂》，音樂劇《鄭和與海》。在中國各地和東南亞地區演唱，被譽為「高原百靈」。代表作品雲南原創歌曲：阿老表，彝山阿茲古古尼，打歌等。

獲中國新人新作歌手大賽優秀獎，雲南省青年演員聲樂比賽一等獎等。移民加拿大後，又獲中央電視台青歌賽北美地區第一名，亞洲偶像歌唱大賽金獎和加拿大金楓藝術成就獎等。活躍在加拿大，美國舞台上，已應邀參加了諸多北美地區大型文藝晚會，音樂會擔任獨唱和比賽評審，深受廣大觀眾喜愛，並獲得專家和媒體的廣泛好評，她的演唱風格豐富多樣，融匯了民族和美聲，流行唱法，音域寬闊，嗓音舒展，音色明亮而圓潤。開辦陳琳聲樂藝術中心，包括基礎發聲歌唱班，歌曲演藝技巧班，成功舉辦個人演唱會，師生演唱會，歌友音樂沙龍等。豐富的舞台演唱和專業教學經驗，注重學生的特點發揮，讓你靈活運用科學的發聲方法演唱美聲，民族，流行歌曲。



Missions and Goals

The Georgia's Dance and Arts Cultural Centre is a not for profit organization. The goals and aspirations of the Centre are to learn, treasure, promote and share the uniqueness of Chinese cultural to all the especially your young generation of Canadian Chinese children and youth. All GDNA programs rely on a positive and respectful atmosphere for all dancers, parents, volunteers and faculty. We aim to provide a nurturing environment in which dancers can participate in the process of developing their physical, artistic and creative potential.

Director

Georgia Leung, RAD RTS ARAD

Registered teacher of the Royal Academy of Dance, Associate of Royal Academy of Dance, Certified Beijing Dance Academy CDGE teacher, Certified Instructor for Commonwealth Society of Teachers of Dancing, Certified Instructor for Brain Beat Dance Canada Senior Association, Honours Bachelor of Arts at University of Toronto, Former Artistic Director of the Orient Dance Company (Toronto).
Georgia has won several competitions in the year of 2000, including the Seventh North America Chinese Dance Competition in Vancouver where she received the Highest Score Overall Award with scholarship and the Showstopper America Dance Championships where she received First Place Platinum and Outstanding Overall performance in ballet top soloist.

Georgia is also one of the 2005 Bursary Recipients of the 5th Annual Celebration of the Arts, Talent Search Competition. Her outstanding achievements have been acknowledged by the Chinese Cultural Centre of Greater Toronto which presented Georgia with the 2002 Youth Achievement Honourable Mention Award.

As a dance teacher and performer, Georgia is continuing to expand the public knowledge of Chinese arts and dance culture by performing in many festival and events throughout Ontario. Many of these performances are voluntary and her achievements in volunteering have earned her the 2001 and 2003 Youth Volunteer Service Awards presented by the legislature of Ontario.

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「紅楓傳奇」得獎名單出爐

郭詠觀 巫柏齡 彭純 蘇凌峰 徐立之 楊龍寶娟上榜

2011年「紅楓傳奇」6位得獎者名單已經揭曉，他們將於11月12日在烈治文山喜來登酒店舉行的頒獎晚宴上，接受大會的嘉許；得獎人的奮鬥故事將會輯錄成書，於宴會上派發給來賓。同時，大會通過皇家銀行基金會的捐款，撥給耆暉會作為社會服務發展用途。

本報記者

[illegible]團體華商網絡協會昨天正式公布本屆「紅楓傳奇」得獎者，分別是郭詠觀醫生、巫柏齡醫生、彭純教授、蘇凌峰、徐立之博士及楊龍寶娟。

協會會長王昆明說，今年「紅楓傳奇」人物選拔已踏入第12個年頭，本年6位得獎者的奮鬥故事，將會輯錄於第12輯《紅楓傳奇》專書。自2000年至今年，協會共編寫了79個成功的勵志傳奇故事，並在多倫多大學圖書館「利銘澤典藏」及渥太華大學圖書館各收藏了一套。

11月12日嘉許

此外，大會邀請參議員利德蕙，以及前任香港駐加拿大經貿辦事處處長蕭蔭蓮，為大會擔任「紅楓傳奇」獎項的榮譽贊助人；而文錫輝和蕭勵揚則擔任籌委會榮譽顧問。

本屆「紅楓傳奇」人物選拔繼續採用「明德格物締傳奇」為主題，當中的明德格物出自儒家經典之一《禮記．大學》：「大學之道，在明明德，在親民，在止于至善。」這是訓勉大家努力求學、明辨是非及彰顯德行。



圖為華商網絡協會代表及本屆部分得獎者於新聞發布會上合照。圖中(左4至8)：蘇凌峰、彭純教授、楊龍寶娟及郭詠觀醫生。 本報記者攝

晚宴共同主席歐陽健昌及顏惠薇律師稱，選拔「紅楓傳奇」人物的目的是希望激勵公眾發揮「積極面對人生，逆境自强及愛心助人」的精神。評審團經過嚴格的審核，選出6位得獎者都是傑出的移民，他們成功的事蹟成為華洋社區的典範。

第12輯《紅楓傳奇》專書仍由資深傳媒工作者古偉凱執筆，英文部分由鍾惠蘭負責，以中英文刊登6位得獎人的勵志故事，將於頒獎晚宴上出版，並派送各出席的人。

今年「紅楓傳奇」頒獎晚宴兼具慈善項目，大會通過皇家銀行基金會的慷慨捐助，善款撥給耆暉會作為發展社區服務用途。

晚宴餐券分：個人150元，公司每桌2,000元。查詢詳情或購買餐券，請電：(416) 292-6374，與何湯淑芬聯繫，或瀏覽華商網絡

6位得獎者簡介

本報記者

「紅楓傳奇」人物甄選團共有20名成員，當中16人是歷屆得獎者。甄選團主席關保衡表示，這項選拔是不論財富、名望、成就、性別、年齡或學歷，也不分從商或受僱的。其準則注重個人面對逆境奮發向上，發揮人生積極無畏的精神，並且能夠啓發世道人心，對國家、社會及社區作出貢獻，並對社群朋友產生積極影響或激勵作用。

6位得獎者的簡歷如下：

郭詠觀－港大醫科畢業，1995年移民加國，重新考獲家庭醫生執照繼續行醫，業餘時間積極參與社區活動，包括：童軍、環保、訓練救傷及醫學講座等；尤對童軍活動情有獨鍾，崇尚童軍「日行一善」的格言，並身體力行。

巫柏齡－在加國出生，父母均是嶺南大學醫學院畢業的醫生，因戰亂於50年代來到多倫多，在華埠掛牌行醫。後跟隨父母回香港，中學畢業後通過進階考試，申請進入西安大學，並成為心臟專科醫生，現為多大醫學院教授。87年起在聖米高醫院心臟專科部門行醫，多年來在「加拿大安省華人中風及心臟病基金會」做義工。

彭純－廣東潮州出生，文革期間曾受到迫害，父親坐牢，母親被送「五七幹校」勞改，1979年考入廣州中山大學生物系，1988年來加，92年取得亞大生物學博士學位。95年任職約克大學生物系，2007年被提升為正教授，致力研究魚類性腺激素分泌和排卵，同時研究卵巢癌和胎盤發育，受學界重視。

蘇凌峰－畢業於師範學院，偶然機會進入傳媒行業，從最早的「佳藝電視」後轉到香港無線電視。1990年移民多倫多，先後在中文電視、北美影城、新時代電視任職，1998年轉到多元文化電視台「OMNI 2」擔任晚間粵語新聞主播。此外，長期擔任「燃動青年」(Across U-Hub)義工，成為核心成員。

徐立之－出生於上海，1972年畢業於中文大學生物系，74年獲中大碩士學位後，負笈美國匹茲堡大學，1979年取得生物學博士學位。後於美國田納西州Oak Ridge國家實驗室及多倫多病童醫院遺傳系從事研究，為首席遺傳學家；1989年遺傳學的研究有重要突破；2002年9月至今，出任香港大學校長。

楊龍寶娟－出生香港貧窮的家庭，1975年以簽證學生身份來多。從加入「行動生命線」擔任義工開始，積極參與各項慈善活動，2005年初為南亞大地震進行電話籌款，其辦事能力獲上司及同事認同，而BCE的首席執行長Michael Sabia對她十分讚賞，曾在公司高層會議上分享她的故事。

郭詠觀巫柏齡彭純蘇凌峰徐立之楊龍寶娟

6賢達獲頒紅楓傳奇獎

【明報專訊】由華商網絡協會主辦的「紅楓傳奇」人物，甄選團昨日公布選出2011年度包括香港大學校長徐立之等6位得獎人，依英文姓氏字母順序為：郭詠觀(Dr. Jason Kwok)、巫柏齡(Dr. Gordon Moe)、彭純(Professor Chun Peng)、蘇凌峰(Mr. Stanley So)、徐立之(Professor Lap Chee Tsui)、楊龍寶娟(Mrs. Judy Yeung)，他們將於11月12日(周六)在烈治文山喜來登酒店舉行的頒獎晚宴上接受頒獎。

華商網絡協會會長王昆明在記者會上表示，「紅楓傳奇」今年踏入第12個年頭，由2000年開始，共編寫了79個成功的勵志傳奇故事，出版了12輯專書，並獲多個大學圖書館收藏，今年仍由資深傳媒工作者古偉凱執筆，英文部分由鄭蕙蘭負責，編印成「紅楓傳奇」新一輯專書出版，將於頒獎晚宴上派送各來賓。

晚宴共同主席歐陽健昌及顏惠霞律師表示，今年以「明德格物」為選拔主題，這句話出自儒家經典之一《禮記.大學》，「大學之道，在明明德，在親民，在止于至善」，旨在激勵人們進德修業。顏惠霞表示，選拔「紅楓傳奇」人物的目的，是希望激勵大家發揮「積極面對人生，逆境自強及愛心助人」的精神。「明德格物」正是勉勵大家努力求學，分辨是非，尋求真理，戒順空行。

王昆明說，某家銀行為今年晚宴贊助之一，贊助款項將撥捐給受惠機構香啡會。今年慈善頒獎晚宴票價：個人150元、公司每桌2,000元，查詢可致電416-292-6374何揚淑芬，或瀏覽華商網絡www.abna.ca



出席記者會人士，左起：古偉凱、文錫輝、關保衛、蘇凌峰、彭純、楊龍寶娟、郭詠觀、顏惠霞、歐陽健昌及王昆明合照。 (孔偉民攝)

「紅楓傳奇」得獎人各具貢獻

2011年「紅楓傳奇」各得獎人簡介如下：

郭詠觀：1952年出生於香港，港大醫科畢業，懸壺濟世，1995年舉家移民來，不得不放棄在香港行醫19年的經歷。抵多後重新考獲家庭醫生執照，除了開設診所行醫，業餘亦花不少的時間參與社區活動，強調回饋社會，參與包括童軍活動、推動環保、訓練救傷、醫學講座等；但對童軍活動情有獨鍾，華人童軍團舉辦的活動，都可以看到他的參與，他崇尚童軍「日行一善」的格言，並身體力行。

巫柏齡：1955年出生在加拿大，父母親都是嶺南大學醫學院畢業的醫生，因戰亂離開家園，50年代來到多倫多，在華埠掛牌行醫。1957年跟隨父母回到香港，中學畢業後，因不喜歡香港「填鴨式」的教育體制，未讀完大學預科即通過進階考試，申請到西安大略省大學(Western Ontario University)就讀，醫學院畢業後，他選擇了心臟專科進修，現為多大醫學院教授。87年起為聖米高醫院心臟專科部門醫生，業餘加入「加拿大安省華人中風及心臟病基金會」做義工，現為該會會長。

彭純：1962年出生在廣東潮州，文革期間曾受到迫害，父親坐牢，母親送「五七幹校」勞改，1979年考入廣州中山大學動物系，在中大碩士班時，幸遇恩師推介給加拿大阿爾伯達大學(University of Alberta)生物系教授Dr. Dick Peter，錄取作他的博士研究生，1988年她負笈來加，92年取得阿省大學生物學博士學位。95年到約克大學生物系，2007年被提升為正教授(Full Professor)，她致力研究魚類性腺激素分泌和排卵，同時研究胎盤結構和胎盤發育，受學界重視。

蘇凌峰：畢業於香港師範學院，原從事教職，偶然的機會轉入電視傳媒界，從此就愛上這一行。從最早的「佳藝電視」後轉到無線電視(TVB)，1990年移民多倫多，曾任職「中文電視」、「北美影城」、「新時代電視」，1998年轉到多元文化電視台「OMNI 2」擔任晚間粵語新聞主播，入行轉眼幾十年，除了在電視台的工作以外，亦成為推動「燃動青年」-Across U-Hub這個組織的核心成員的義工，付出不少心力。

徐立之：1950年出生於上海，祖籍浙江，1972年畢業於中文大學生物系，74年獲中大碩士學位後，負笈美國匹茲堡大學，1979年取得生物學博士學位。其後於美國田納西州Oak Ridge國家實驗室及多倫多病童醫院遺傳系從事研究，是首席遺傳學家。1989年，他成功斷定導致囊狀纖維症的缺陷基因(英文簡稱CFTR)，為人類遺傳學帶來重要突破。2002年9月出任香港大學校長迄今，今年適逢港大建校百周年，他重申要維護港大的傳統：「自由、開放、多元。」

楊龍寶娟：1955年出生在香港石硤尾貧窮的家庭，1975年以簽證學生的身分來多，一向樂善助人。她從加入「行動生命線」擔任義工開始，舉凡有意義的慈善活動，幾乎是「無役不與」，而且不分種族。2005年初為南亞大地震引發海嘯造成數十萬人傷亡的電話籌款，讓她的頂頭上司和公司其他同事看到了她做事的能力。

BCE的CEO Michael Sabia對她十分讚賞，曾在公司高層會議上，以她的故事與大家一起分享，不愧是「龍的傳人」。


Richard Charles Lee Canada - Hong Kong Library April 9, 2010



Chinese Canadian Legend Award Gala   October 30, 2010



Chinese Canadian Legend Award Gala October 30, 2010


Chinese Canadian Legend Award Gala
October 30, 2010


Chinese Canadian Legend Award Gala
October 30, 2010


Asian Business Network Association
Press Conference May 13, 2011



Selection Committee Meeting



Announcement Reception



Even if we are poor, we won't be poor in educating our children.
Even if we have to suffer, we won't let our children suffer.

再窮也不能窮教育
再苦也不能苦孩子

Fu Hui Education Foundation was established in the year 2004. We are a registered Canadian charitable organization with no affiliation to any political or religious group.

We are dedicated to help the youth and children living in poor rural parts of China, who otherwise have no means to pursue their education. Our aim is to teach them the importance of virtue, intelligence and compassion. For the orphans that we take on, we provide them, not only with food, clothing and accommodation, but also loving care and proper education.

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We ensure that all donations received are used exclusively for our mission. Our directors and representatives are responsible for their own travel expenses and in this spirit, the Foundation minimizes administration cost.

福慧教育基金會成立於2004年，是一個無政治，無宗教背景之加拿大註冊慈善機構。我們的宗旨是幫助生活在中國偏遠而貧乏地區的青少年和兒童得以接受全面性，德智並重的教育。

我們把獎、助學金直接交予學生手中。這些安排都是為確保善款真正能到達受助學生手裏。在"福慧之星"之財政贊助方面，我們派理事和義工按時到當地監察、務求做到"專款專用"。

我們保證一分一毫的善款，都是用在興學與助學上。我們到中國的一切旅費和支出，乃由董事和義工們各自承擔。





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